

Sikhism

About the topic

In this topic pupils will learn about their Sikh sisters and brothers, how they live as a family and how they worship

Where this topic fits in

This topic will be taught discretely but will follow two of the *CHURCH* topics: domestic ↔ family, and either local ↔ community or universal ↔ world

Key words

Gurdwara, worship, Guru Granth Sahib, Granthi, Punjabi, gutka, prayer book, God, Guru Nanak, honest work, sharing

Learning outcomes

| | Look | Learn | Understand & Respect |
|-------|--|---|--|
| One | Welcome and sharing are important | Sikhs make people welcome. They worship in a Gurdwara | Sikhs welcome everyone |
| Two | (a) Special place of worship | Inside the Gurdwara | Worship in the Gurdwara |
| Two | (b) Important things we believe | Parents bring up their children in the Sikh faith. Three dimensions: 1 remember God 2 earn your living 3 share with the poor | Aspects of the Sikh faith |
| Three | (a) Faith changes your life | The story of Guru Nanak, his call; journeys; teaching stories; keeping God in mind constantly; prayer that changes daily living and outlook | Implications of God's call for Sikhs |
| Three | (b) Commitment in life | Integrating God's own attributes into one's life; earn your living, a moral duty and duty to God; service in bringing up a family; sharing – even giving up one's own needs; practical and spiritual commitment | Implications of faith commitment for Sikhs |
| Four | (a) Some symbols and their meanings | The Khalsa and the 5Ks; story of the founding of Kalsa. Meaning of the symbols; New Year | Outward signs demonstrate inward belief and commitment |
| Four | (b) Special places | The Gurdwara – designed to symbolise the oneness/wholeness of God. Amritsar – golden temple. Community at worship and individual prayer | Special places of worship for Sikhs |

Key words: Gurdwara, worship

| <i>Learning intentions</i> | <i>Possible teaching activities</i> |
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| <p>Look Special place of worship</p> | <p>Where do we go to worship? – The Church. It is our special place. What is special about it?</p> |
| <p>Learn Inside the Gurdwara</p> | <p>Visit a Gurdwara if possible.</p> <p>The Sikh people worship in a Gurdwara if possible. Gurdwara means 'home of the Guru or teacher'. God is the most important teacher or guru. It is a building large enough for the community to worship God. Sikhs go to the Gurdwara to hear the teaching of the holy book and to worship God.</p> <p>Jit and Pavan tell us about their Gurdwara: Where you go in the door there is a special place where you can leave your shoes. Everyone has their head covered. In the main room the sacred writing are on a platform covered in rich clothes and cushions. There is a canopy over this. Everyone who comes in bows to the holy book, touching the ground with their foreheads. They place money in the box and put food nearby. The food is used for the meal afterwards and to help the poor. Everyone sits on the floor facing the holy book with their feet tucked in so they do not insult the Holy Book by showing the soles of their feet to it. It also shows that everyone is equal. The holy book is the most, important so it is in the centre of the room, there are no pictures. The Gurdwara is always beautifully decorated as it is a very special place.</p> <ul style="list-style-type: none"> • Why do you think Sikhs take off their shoes? • How do they show reverence for their special writings? • Look at a picture of the inside of a Gurdwara and say what you notice about it. |
| <p>Understand & Respect Worship in the Gurdwara</p> | <p>Great respect is given to the sacred writings.</p> |

Key words: Guru Granth Sahib, Granthi, Punjabi

| <i>Learning intentions</i> | <i>Possible teaching activities</i> |
|--|---|
| <p>Look Who leads prayers</p> | <p>When we have assembly who leads the prayers? Who leads the prayers in the class? Look at our prayer focus – what is on it?</p> |
| <p>Learn Inside the Gurdwara</p> | <p>Sikhs have no special leader to lead them to worship, anyone who is respected by others may lead the worship. There is usually one person whose job it is to read the scripture (Guru Granth Sahib). This person is called a Granthi. He or she sits behind the (Guru Granth Sahib) scriptures facing the people. Sometimes the Granthi waves a chauri over the book. This is a special fan usually made of hair or feathers. It is a sort of fan which used to be held above people in India. It is waved as a sign of respect. There is no special day of the week when Sikhs are supposed to go to the Gurdwara, but in this country Sikhs usually go at the weekend. The service is usually held in Punjabi, the language used by most Sikhs.</p> <ul style="list-style-type: none"> • What do you think it would be like to be Granthi? • Make a Chauri out of paper. |
| <p>Understand & Respect Worship in the Gurdwara</p> | <p>The respect given to the sacred writings</p> |

Key words: Gutka, prayer book

| <i>Learning intentions</i> | <i>Possible teaching activities</i> |
|--|--|
| <p>Look Prayer books</p> | <p>What prayer books do we have in school? School prayer book, hymn books, psalms – how do we treat these books?</p> |
| <p>Learn Inside the Gurdwara</p> | <p>Sikhs have a small prayer book called a Gutka containing daily prayers. People keep it wrapped up and wash their hands before handling it. Here is grandma’s story about it...</p> <p>My grandma told me that she had wanted a gutka of her own. A salesman came to the village once a month with goods, sugar, combs, books, etc. When he rang his bell, everyone would come to the village square. I asked the salesman to get me a gutka and he agreed. Every month I asked him for it and each month he told me it was out of print. One day I reached the square a little late and to my horror, I saw my cousin buying the only copy of the gutka. I was very sad. My mother and father could not make me happy. The next evening the salesman knocked at the door. He said he did not like to see me sad and that he had brought me his own gutka. I have always treasured it all my life.</p> <ul style="list-style-type: none"> • Why was the gutka important to grandma? • Tell the story in cartoons, or act it. |
| <p>Understand & Respect Holy writings are important</p> | <p>Prayer books are important.</p> |

Key words: God, Guru Nanak

Learning intentions

Possible teaching activities

Look

Important things we believe

Learn

Parents bring up their children in the Sikh faith; three dimensions:

- 1 **Remember God**;
- 2 earning your living;
- 3 share with the poor

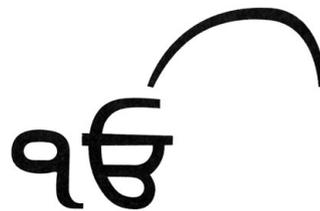
What are important things (values) for you – e.g. friendship – love – sharing? Believing in God.

Remember God

Guru Nanak (the founder of Sikhism) said that people should think about God and not about themselves. Sikhs believe that people must love God and obey him as a child obeys their parents. The more they praise God and love him, the closer they get to God.

An important saying is – ‘Think about God, earn an honest living and share with others.’

- Say how you think God is a good parent
- Sikhs do not allow pictures or representation of God, but names for him can be written down.
- There is one God – this symbol means there is one God, it is made up of number 1 and the symbol Onkar which means God.
- Draw and decorate this symbol.



Understand & Respect

Aspects of the Sikh faith

Sikhs believe in one God.

Key words: honest work, Gurdwara

| <i>Learning intentions</i> | <i>Possible teaching activities</i> |
|--|---|
| <p>Look Important things we believe</p> | <p>Recall the last lesson on God. Who looks after us? Who provides our food and clothes? Adults have to earn their own living by work.</p> <ul style="list-style-type: none"> • Discussion. |
| <p>Learn Parents bring up their children in the Sikh faith; three dimensions: 1 Remember God; 2 earning your living; 3 share with the poor</p> | <p>Sikhs must balance their lives so it contains worship, work and good deeds. All work is considered important. When the Sikhs go to the Gurdwara everyone joins in – cleaning, cooking and scrubbing floors. One of the gurus once refused a cup of water from a young man because his soft hands showed he had never done any work. Sikhs should earn their living by honest means, working hard and not taking too much profit. Sikhs think it is bad to beg. They like to do jobs that help people. Many Sikhs are doctors.</p> <ul style="list-style-type: none"> • Make a list of the jobs you do at school and at home. How does this help others? |
| <p>Understand & Respect Aspects of the Sikh faith</p> | <p>Sikhs believe earning your living is important.</p> |

Key words: sharing, Guru Nanak

| <i>Learning intentions</i> | <i>Possible teaching activities</i> |
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Look
Sharing with others

Recall the last lesson on earning your living. When is it easy to share? What is it like when others share with you?

Learn
Parents bring up their children in the Sikh faith; three dimensions:
1 Remember God;
2 earning your living;
3 **share with the poor**

Sikhs earn their living by work and are encouraged to share with others – here is a story about Guru Nanak who started Sikhism. Once Guru Nanak came to a village and saw a house decorated with lots of flags. The people told Guru Nanak that every time the house owner got another thousand rupees he put out another flag. ‘Oh dear,’ said Guru Nanak, ‘this man needs help, money is useless unless you use it to help others.’

He went to Duni who owned the house and gave him a needle and said, ‘Give this back to me when we meet in the next world after we die.’

Duni took the needle home to his wife and told her about it. ‘Guru Nanak must be mad,’ she said. ‘Take it back to him now, we can’t take anything into the next world.’

Guru Nanak smiled and asked them, ‘Why are you saving up all the money then?’

Duni and his wife looked surprised – Guru Nanak told them you can only take kindness into the next life. Duni learnt his lesson and used his money to help poor people.

- What does this story teach us?
- Act it as a little play.

Understand & Respect
Sikhs share with others

Sharing with others is important to Sikhs.