

# What does it mean to be a Sikh? (Year 3&4)

**3 Key beliefs / principles:** Remembering God (nam japna), Honest work (kirat karni), Sharing what you have (vand chhakna)

**Mool Mantra** – There is only one God  
**Ik Onkar** symbol  **Waheguru**

Many Sikh people live in Britain, there are over 20,000 Sikhs in Leicester.

**Origins:** Sikhism originated in **India** about **500 years ago**, in the Punjab region (north west) Sikhism has its roots in India.



Ten Sikh Gurus

**Guru Nanak – Founder of Sikhism** 1469 – 1539

**Guru Gobind Singh – The last human guru**  
1666 – 1708 **Set up the Khalsa**, became a guru at the age of 9.

**The Khalsa** set up in 1666 by Guru Gobind Singh.  
Beliefs are worth suffering persecution  
Sticking together provides strength.  
Sikhs join the Khalsa through taking part in the **Amrit** ceremony, an **initiation** ceremony.

Names – Kaur (princess) girls  
Singh (lion) boys  
Sense of identity.



**The 5 Ks**  
Khalsa Sikhs are committed to the 5Ks which are symbols of Sikh ideals.



Kesh



Kirpan



Kanga



Kara



Kachera

The Five Ks

Meanings of the 5ks

**Kesh** - uncut hair – strength & holiness

**Kara** – steel bracelet – God has no beginning and no end.

**Kanga** – wooden comb – clean body and mind.

**Kachha** – shorts – modesty

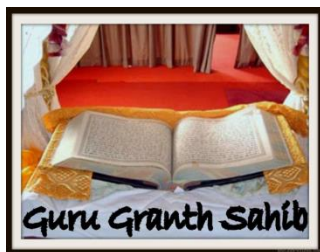
**Kirpan** – sword – spirituality

Place of Worship – **Gurdwara**



Guidance – **Guru Granth Sahib** – Holy scriptures – wisdom & values.

Treated with respect



**Sewa** 'selfless service'. Helping others in a variety of different ways, without any reward. Sewa is a way of life for Sikhs. Sikhs believe that sewa is an act of service towards **Waheguru**.

## Learning Sequence:

Who does a Sikh follow?

How did Guru Nanak spread his message?

What happened to Sikhism after Guru Nanak died?

How do Sikhs put their belief into practice?