



Keyingham Graduate Award – RE (Year 5)

Sikhism

What is Sikhism?

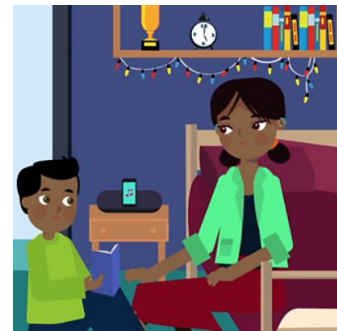
Sikhism was founded by Guru Nanak around **500 years ago** in a place called the **Punjab**. This is an area which spans part of India and Pakistan in South Asia today.

[What is Sikhism? - BBC Bitesize](#)

What do Sikhs believe?

Sikhs believe in one God who guides and protects them. They believe everyone is equal before God. Sikhs believe that your actions are important and you should lead a good life. They believe the way to do this is:

- Keep God in your heart and mind at all times
- Live honestly and work hard
- Treat everyone equally
- Be generous to those less fortunate than you
- Serve others



Guru Nanak



Guru Nanak is the **founder** of Sikhism. Guru means 'Teacher'.

Sikhism is still based on his teachings and those of the nine Sikh Gurus who followed him.



The Five Ks

The Sikh community of men and women is known as the **Khalsa** which means the 'Community of the Pure'.

In order to become a Sikh and join the Khalsa, people need to follow the **Five Ks**.



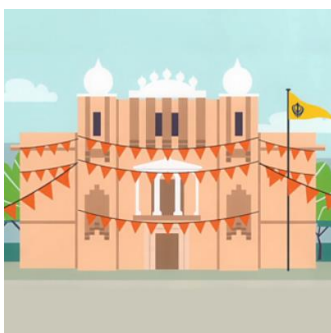
What is the Sikh Holy Book?

The Sikh holy book is called the **Guru Granth Sahib**. The tenth Guru, Guru Gobind Singh, said that after him there would be no other living gurus. Instead, Sikhs could look at their holy book for guidance. This is why Sikhs call their holy book a Guru.



The Guru Granth Sahib is a collection of lessons from the ten gurus as well as Sikh, Hindu and Muslim saints. It is written in Punjabi and is greatly respected by all Sikhs as the living word of God. It is kept on a raised platform under a canopy in the Sikh place of worship. All Sikhs take off their shoes when they are near it.

Where do Sikhs worship?



The Sikh place of worship is called a **Gurdwara** which means 'Gateway to the Guru'. A Gurdwara is any building where the Guru Granth Sahib is kept.

In the UK, Sikhs usually go to the Gurdwara on **Sundays**. During the services they listen to teachings based on the Guru Granth Sahib. They also chant and say prayers from the gurus. These are called **Keertan**.

The Langar

The service ends in a **langar** (a shared meal). Everyone is welcome to share the meal.



Use this link to find out more about Sikhism.

[Sikhism for Children \(primaryhomeworkhelp.co.uk\)](http://primaryhomeworkhelp.co.uk)

What is the symbol for Hindusim?



The Sikh symbol is called the Khanda and is made of three parts, the Khanda, the Chakkar and the Kirpan.

The Kirpan and Chakkar are swords.

They remind the Sikhs of God and God's power.

[Explanation of the Sikh symbol, Khanda - KS2 Religious Education - BBC Bitesize](#)

What celebrations do Hindus have?

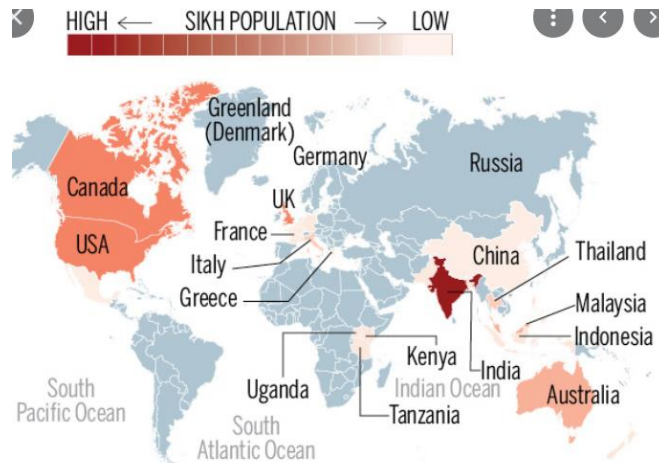
Like Hindus, Sikhs also celebrate Diwali. They also celebrate Vaisakhi and Hola Mahalla.

Vaisakhi - the Sikh New Year festival - is one of the most important dates in the Sikh calendar. It marks the start of the Punjabi New Year, but it is also a day to celebrate 1699 - the year when Sikhism was born as a collective faith.

[What is Vaisakhi and how is it celebrated? - CBBC Newsround](#)

Where do Sikhs live?

Sikhs live all over the world but most Sikhs live in India, Australia, North America, Canada and the UK.



Let's see how much you can remember about Hinduism ...

1. Where do Sikhs worship?
2. What is a Sikh special book called?
3. Name two celebrations that Sikhs have.
4. What do Sikhs believe?
5. What are the Five K's?
6. When and where did Sikhism begin?
7. Name something a Sikh child has to do, that you do not?
8. How do Sikhs say goodbye to those that have passed away?
9. When visiting a Gurdwara, what must you do?
10. How is a Sikh baby named?

Challenge time!

Hola Mahalla

Use the link below to find out more about Hola Mahalla and how it is celebrated.

[BBC - Religions - Sikhism: Hola Mahalla](#)

[10 Fun Facts About Sikhism for Kids - Multicultural Kid Blogs](#) – fact 7

[The Sikh Festivals: Holla Mohalla - Gateway to Sikhism \(allaboutsikhs.com\)](#)

[The Festival of Colours as Celebrated in Punjab — Google Arts & Culture](#)



Question time!

1. What does Hola Mahalla celebrate?
2. What do they do during Hola Mahalla?
3. When does Hola Mahalla begin?
4. Why did Guru Gobind Singh start this festival?
5. How long does Hola Mahalla usually last?
6. Who are the Nihang Sikhs?
7. Where in the world does Hola Mahalla take place?
8. As well as horses, what else do they use to show their riding skills?
9. What is a chakri? Can you draw it?
10. Would you like to be a Sikh? Why? Why not?