

Discovering Sikhism

Learning objective: To describe the key beliefs and practices of Sikhism and explain how they are shown in a Sikh's life.

Use the prompts below to write a detailed report about Sikhism. Use the word bank to help you link your ideas together and make your writing flow.

Sikhism is a faith that began in India over five hundred years ago and teaches that everyone is equal.

Word bank: furthermore · in addition · for example · this shows that · importantly · consequently · similar to · because

1. The Guru Granth Sahib: Who is the Guru Granth Sahib and why is it treated with such respect in the Gurdwara?

2. The Five Ks: Choose two of the Five Ks (the articles of faith). What are they and what do they remind a Sikh of?

3. The Langar: What happens in the Langar hall and how does this practice show the Sikh belief in equality?

4. Seva (Selfless Service): What is Seva? Give an example of how a Sikh person might practice Seva in their local community.

5. Key Beliefs: What does it mean to believe in one God and the equality of all people, regardless of their background?

6. Summary: In your own words, how do the practices of Sikhism help people to be kind and helpful to others?

Extension challenge: Can you research and write a paragraph about the first Guru, Guru Nanak, and the message he shared with the world?