

Introduction to Sikhism

Learning objective: To understand the key beliefs, practices, and symbols of the Sikh faith.

Read the term or question on the front of the card, then flip it over to check if your answer is correct. Use these with a partner to quiz each other!

Who was the founder of Sikhism?

Guru Nanak: The first Guru who taught that there is one God and that all people are equal.

What is a Gurdwara?

Gurdwara: The Sikh place of worship, which means 'gateway to the Guru'.

What is Langar?

Langar: The free community kitchen in a Gurdwara where everyone eats together regardless of their background.

What is the Guru Granth Sahib?

Guru Granth Sahib: The holy scripture of Sikhism, which is treated with the utmost respect as the living Guru.

What is the Khanda?

Khanda: The symbol of Sikhism, featuring a double-edged sword, a circle, and two curved swords.

What does 'Seva' mean?

Seva: Selfless service, such as helping others or volunteering in the community without expecting a reward.

Why do Sikhs cover their heads in the Gurdwara?

Covering the head: It is a sign of respect to God and the Guru.

What is a Turban called?

Dastar: The turban worn by Sikhs to cover their hair and represent honor, self-respect, and spiritual discipline.

What is the main belief of Sikhs regarding equality?

Equality: Sikhs believe that all humans are equal regardless of their gender, race, or religion.

What are the 'Five Ks'?

The Five Ks: Five physical symbols worn by initiated Sikhs to remind them of their faith and duties.

What is the Kara?

Kara: A steel bracelet worn on the wrist to symbolise the eternity of God.

What is the Kirpan?

Kirpan: A small sword or dagger that symbolises the duty to protect the weak and fight injustice.