

Exploring the Beliefs and Traditions of Sikhism

Learning objective: To describe and understand the core beliefs, practices, and values of the Sikh faith.

Use the writing frame below to structure your report on Sikhism. Ensure you use key vocabulary and explain why these practices are significant to Sikhs today.

Sikhism is a faith that began in the Punjab region of India over 500 years ago, founded by Guru Nanak Dev Ji.

Word bank: Guru Nanak Dev Ji · Guru Granth Sahib · Gurdwaras · Langar · Seva · Equality · Community · Furthermore · Consequently · In addition · Significantly

1. The Origins of Sikhism: Start by explaining who the first Guru was and what the core message of his teachings focused on... (2 marks)

2. The Guru Granth Sahib: Describe what this book is and why it is treated with such great respect within the Sikh community... (3 marks)

3. Life at the Gurdwara: Explain what happens at a Gurdwara and why it is considered a central hub for local Sikhs... (2 marks)

4. The Concept of Langar: Describe the tradition of the free communal kitchen and why 'Seva' (selfless service) is so important to Sikhs... (3 marks)

5. Personal Reflection: Explain one aspect of Sikhism that you find most inspiring and describe how it promotes equality in our world today... (2 marks)

Extension challenge: Research the 'Five Ks' (Panj Kakar) worn by initiated Sikhs. Choose one of the five items and write a short paragraph explaining its symbolic meaning and history.