

Exploring the Values of Sikhism with Ellie

Learning objective: To understand the core values of Sikhism, including equality, the importance of Seva (selfless service), and the role of the Langar.

Ellie the elephant has been learning about the Sikh faith. She has discovered six core values that are very important to Sikhs. Read the descriptions below and match the correct value from the word bank to its definition. Once you have matched them, answer the questions to explore how these values look in everyday life.

Word bank: Sewa · Langar · Guru Granth Sahib · Equality · Truthful Living · Vand Chakko

1. 'Sewa' is selfless service. Imagine you are helping out in a community kitchen. Explain why it is important that everyone, regardless of their job or background, helps with the cleaning and serving. (2 marks)

2. The 'Langar' is a free kitchen where everyone sits on the floor to eat together. Compare and contrast this to eating in a school canteen. Why might sitting on the floor be significant to the value of equality? (3 marks)

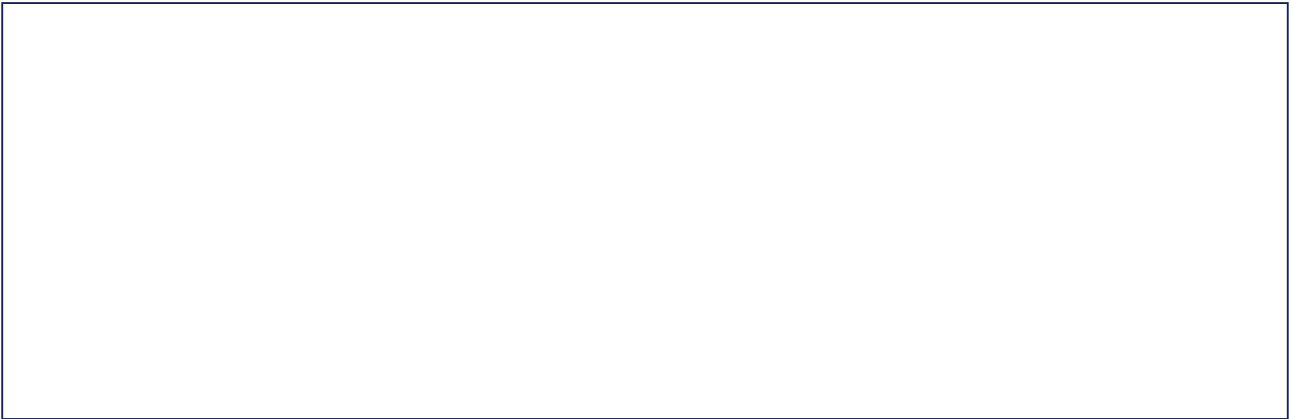
3. 'Vand Chakko' means sharing what you have with those in need. If you had £10.00 to spend, how could you use it to practise this value? Justify your choice. (2 marks)

4. What might happen if a community stopped practising the value of 'Equality'? Explain the impact this would have on the people living there. (2 marks)

5. Why do you think the Guru Granth Sahib is treated with such great respect and considered the living Guru by Sikhs? (2 marks)

6. 6. Justify why 'Truthful Living' is often considered the foundation for all the other values in Sikhism. (3 marks)

Draw: Draw a scene of a Langar hall. Include people from different backgrounds sitting together on the floor sharing a meal. Label the drawing with the values you have learned.



Extension challenge: Design a 'Service Project' for your local school or neighbourhood. Write a short plan explaining which Sikh value you are demonstrating and how your action will promote equality or kindness in your community.