

Living with Kindness: The Sikh Way

Learning objective: To understand the core values of Sikhism, including the importance of service and equality.

Read the passage below carefully. Use evidence from the text to answer the questions that follow. Think deeply about how these values impact community life.

Sikhism is a faith that began in the Punjab region of India over 500 years ago, founded by Guru Nanak. A core belief for Sikhs is that everyone is equal, regardless of their background, gender, or status. This beautiful principle of equality is put into practice at the Gurdwara, which is the Sikh place of worship. Inside, everyone sits together on the floor to show that no one is more important than anyone else.

One of the most important parts of the Gurdwara is the 'Langar'. This is a communal kitchen where volunteers prepare and serve free vegetarian meals to anyone who visits, whether they are Sikh or not. This act of selfless service is called 'Seva'. By working together to feed the hungry and look after neighbors, Sikhs believe they are showing love for the Creator. For many Sikhs, living a good life means remembering God, working honestly, and always finding ways to help others in the community. It is a faith based on peace, generosity, and the idea that we are all part of one human family.

Word bank: Sikhism · Guru · Gurdwaras · Seva · Equality · Langar · Community

1. Who was the founder of Sikhism, and where did the faith first begin? (2 marks)

2. What is the name given to the kitchen where free meals are served, and what is the specific term for the act of selfless service? (2 marks)

3. Why do you think it is significant that all people sit on the floor together in the Gurdwara? (3 marks)

4. Based on the text, how does the concept of the 'Langar' demonstrate the Sikh belief in equality? (3 marks)

5. Do you believe that performing 'Seva' (selfless service) is an important part of a happy society? Justify your answer using examples. (4 marks)

Draw: Draw a scene inside a Gurdwara, showing people of different ages sitting together and sharing a meal in the Langar hall.



Extension challenge: Compare and contrast the idea of 'Seva' with charitable acts in your own community. Explain why communal eating might be a powerful way to bring people together. What might happen to a community if everyone practiced the principle of equality every day?