

The Path of Seva: Exploring Sikh Values

Learning objective: To understand the importance of Seva (selfless service) and key concepts within Sikhism.

Ellie the elephant has been learning about the Sikh faith and the importance of helping others. Below is a 'Seva Sorting' activity. Read the descriptions and decide if they represent 'Seva' (selfless service) or 'Personal Gain'. Write your answers in the space provided and explain your reasoning for one of them.

Word bank: Seva · Langar · Equality · Selfless · Community · Service

1. 1. Helping to prepare and serve food in the Langar kitchen for anyone who is hungry, regardless of who they are. (2 marks)

2. 2. Cleaning up the local park litter to make it a safer and more beautiful space for your neighbors to enjoy. (2 marks)

3. 3. Tidying your own bedroom only because you have been promised a reward of £5 by your parents. (2 marks)

4. 4. Giving up your Saturday afternoon to visit an elderly neighbor and read them a book, expecting nothing in return. (2 marks)

5. 5. Choose one example from above that represents 'Seva'. Explain why you think it fits the definition of selfless service. (3 marks)

Draw: Draw a scene showing a community coming together to help one another. Think about how you could show 'equality' in your drawing, perhaps by including people of all ages working together on a task.



Extension challenge: Research what the '5 Ks' of Sikhism are. Choose one of the 5 Ks and write a short poem about what it represents, using Leo the Lion's poetic style to describe its significance to a Sikh person's identity.