

# Exploring the Sikh Faith: Values and Traditions

*Learning objective: To understand the core principles of Sikhism, the significance of the Gurdwara, and the importance of Seva in the lives of believers.*

Read each question carefully. Use your knowledge of Sikh traditions and beliefs to provide thoughtful, detailed answers. Refer to the word bank if you need help with key terminology.

Sikhism originated in the Punjab region of India. It teaches that there is one God and that all human beings are equal, regardless of their gender, background, or status. Sikhs show their devotion through prayer, honest work, and selfless service to others. The central holy scripture, the Guru Granth Sahib, is treated with the utmost respect. In the Gurdwara, the community gathers to worship and share food in the Langar, an open kitchen where everyone sits together on the floor to demonstrate that they are all equal.

*Word bank: Gurdwara · Seva · Langar · Guru Granth Sahib · Five Ks · Equality · Community · Humility*

**1. Explain why the act of sitting on the floor together in the Langar is a significant symbolic gesture in Sikhism. (2 marks)**

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**2. Define 'Seva' and provide two examples of how a person might practise this value in their everyday life. (2 marks)**

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**3. Compare and contrast the role of a Gurdwara to other places of worship you have studied. What makes the Gurdwara unique? (3 marks)**

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**4. Justify your answer: Why is the Guru Granth Sahib considered more than just a book to the Sikh community? (2 marks)**

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**5. What might happen to a community if the principle of 'Equality' was ignored? Explain the impact on social harmony. (3 marks)**

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**Draw: Draw a scene inside a Gurdwara, including the Guru Granth Sahib placed on a raised platform and people preparing or sharing food in the Langar.**



*Extension challenge: Nova the owl is curious about the 'Five Ks' worn by initiated Sikhs. Research the names and meanings of the Five Ks. Create a detailed table explaining what each item is and the spiritual significance it represents to the wearer.*