

Learning About Sikhism with Ellie

Learning objective: To understand the key beliefs and practices of Sikhism, including the importance of equality and service.

Read the text carefully. Use the word bank to help you understand the new words. Answer the questions in full sentences.

Ellie the elephant loves to learn about different religions. Today, she is learning about Sikhism. Sikhism began in India a long time ago. Sikhs believe that there is only one God. They follow the teachings of ten human Gurus. The first Guru was Guru Nanak. He taught people that everyone is equal, no matter who they are.

Sikhs show their love for God by doing 'sewa'. Sewa means helping others. One way they do this is through the 'langar'. The langar is a special kitchen in the Gurdwara, which is the Sikh place of worship. In the langar, volunteers serve free, healthy, vegetarian meals to anyone who is hungry. Everyone sits on the floor together to eat. Sitting on the floor shows that no one is more important than anyone else. By sharing food, Sikhs show kindness and equality to all people. Ellie thinks it is wonderful that they make sure no one goes hungry. She likes how they work together to look after their community.

Word bank: Equality: Being treated the same. · Guru: A teacher or guide. · Langar: A free kitchen that serves food to everyone. · Sewa: Helping others without asking for anything back.

1. Who was the first Guru of the Sikh faith? (1 mark)

2. What is the name of the place where Sikhs go to worship? (1 mark)

3. Why do Sikhs sit on the floor when they eat in the langar? (2 marks)

4. How does the langar help people in the local community? (2 marks)

5. Do you think helping others is important? Explain why. (2 marks)

Draw: Draw a picture of a large bowl of food being shared in a langar, and add a label that says 'Sewa' next to it.



Extension challenge: Write down one way that you could show 'sewa' (helping others) at school or at home this week.