

In this unit, you should:

- Learn that Guru Nanak is the founder of Sikhism
- Understand the Guru Granth Sahib is a holy book
- Know the 5 Ks are 5 physical symbols worn by Sikhs who have been initiated into the Khalsa.
- The five Ks are:
 - Kesh (uncut hair)
 - Kara (a steel bracelet)
 - Kanga (a wooden comb)
 - Kachera (cotton underwear)
 - Kirpan (steel sword)
- Visit a Gurdwara
- Learn about sewa
- Discuss why generosity is important in Sikhism

Links to other Dharmic Religions:

- Yr 3 HT5** - How do Hindus show identity and belonging?
Yr 5 HT 3 – Hinduism - What is forgiveness and is it important?
Yr 5 HT 5 – Sikhism - How are people of religious tradition shaped by the stories and practices of their community?
Yr 6 HT6 – Buddhism - What is forgiveness and is it important?

Key vocabulary:

- Dharmic:** To take on or embody a human form.
Generosity: Being kind or generous
Guru: Teacher
Guru Nanak: The founder of Sikhism
Gurdwara: The place Sikhs come together to worship
Sewa: An act of service and part of daily routine
Guru Granth Sahib Ji: The holy book of the Sikh religion and contains different prayers, hymns and songs.



Key content:

- Sikhism, Hinduism and Buddhism are Dharmic religions
- Sikhism was founded by a wise man called Guru Nanak. Guru Nanak is considered the first Sikh Guru. Sikhism is still based on his teachings and those of the nine Sikh Gurus who followed him.
- Sikhs believe that the Guru Granth Sahib Ji – the holy book - is a living Guru which has its own place to sleep, known as the pure Heaven.
- The Mool Mantra is the opening section of the Guru Granth Sahib. It was written by Guru Nanak and gives a short description of what God is like (also known as God's nature).
- Sewa is a way of life for Sikhs. Sikhs perform sewa in a variety of ways, such as helping the sangat and the local community, helping at the gurdwara, and cleaning, washing dishes or serving in the langa.

