

What do Sikhs believe?

Today we will be...

Finding out what being equal means to a Sikh.





All religions have core beliefs. These beliefs are like rules that people choose to live their lives by. A core belief for Sikhs is that everyone is equal.

What does 'everyone is equal' mean?
Is this a good thing?



Sikhs believe all human beings should be considered equal. They believe everyone is a son or a daughter of God.

This means Sikhs have to treat everyone the same. They cannot be unkind to the people they don't like!



Unlike other religions, Sikhs do not have a priest or an important person that is in charge. They believe no one is superior and that everyone should treat people like their family.



When Guru Angad met Guru Nanak he wore fine silk clothes. This didn't stop him from helping with the jobs that needed to be done.



Guru Angad set up community kitchens. In these kitchens everyone sits together and shares the same food. These kitchens are run by Sikhs all around the world.



Did you notice that everyone was sitting on the floor in the community kitchen? This is so no one is sitting higher or lower than anyone else. Sikhs believe that everyone is equal and they have the **right to be treated equally**.

Treating everyone equally is an important responsibility. What rights and responsibilities do you have?

Think, pair, share.



You have lots of rights and responsibilities.
Did you think of these?

I have the right to be protected from fights and conflicts. This means I have the responsibility not to bully or hurt other people.



I have the right to an education. This means I have the responsibility to learn as much as I can.



Plenary



Having a name and a nationality are human rights. This means that shortly after a baby is born it is given a name and it is welcomed into its family.

What responsibilities will they have as they grow up?

Having a name and a nationality makes them part of a community. This means they have the responsibility to be a positive member of that community.

Are you a positive member of your community?

Think, pair, share.





Being in a clean environment is a human right. This means that the places we go to, like our homes and our schools, should not hurt us or make us ill.

What responsibilities do we have to make sure this happens?



Everyone has the responsibility to make sure the environment they use is clean and safe. This means they have to help keep places clean by tidying up.

How do you help to keep your environment clean?

Think, pair, share.



Everyone has the right to life and developing healthily.
This means they should be able to visit a doctor or a hospital if they are ill. They should also be able to drink clean water and eat healthy food.



What responsibilities do you have to make sure you grow up healthily?

To make sure you grow up healthily you should eat a balanced diet and get plenty of exercise. If you are unwell you should follow the advice of a doctor.

What do you eat or drink to keep you healthy?

Think, pair, share.

