

# What do Sikhs believe?

**Today we will be...**

Finding out about Sikhs and how Sikhism began.



Sikhism is about 500 years old. This means it is quite a new religion.



What do you know about Sikhs?

Think, pair, share.

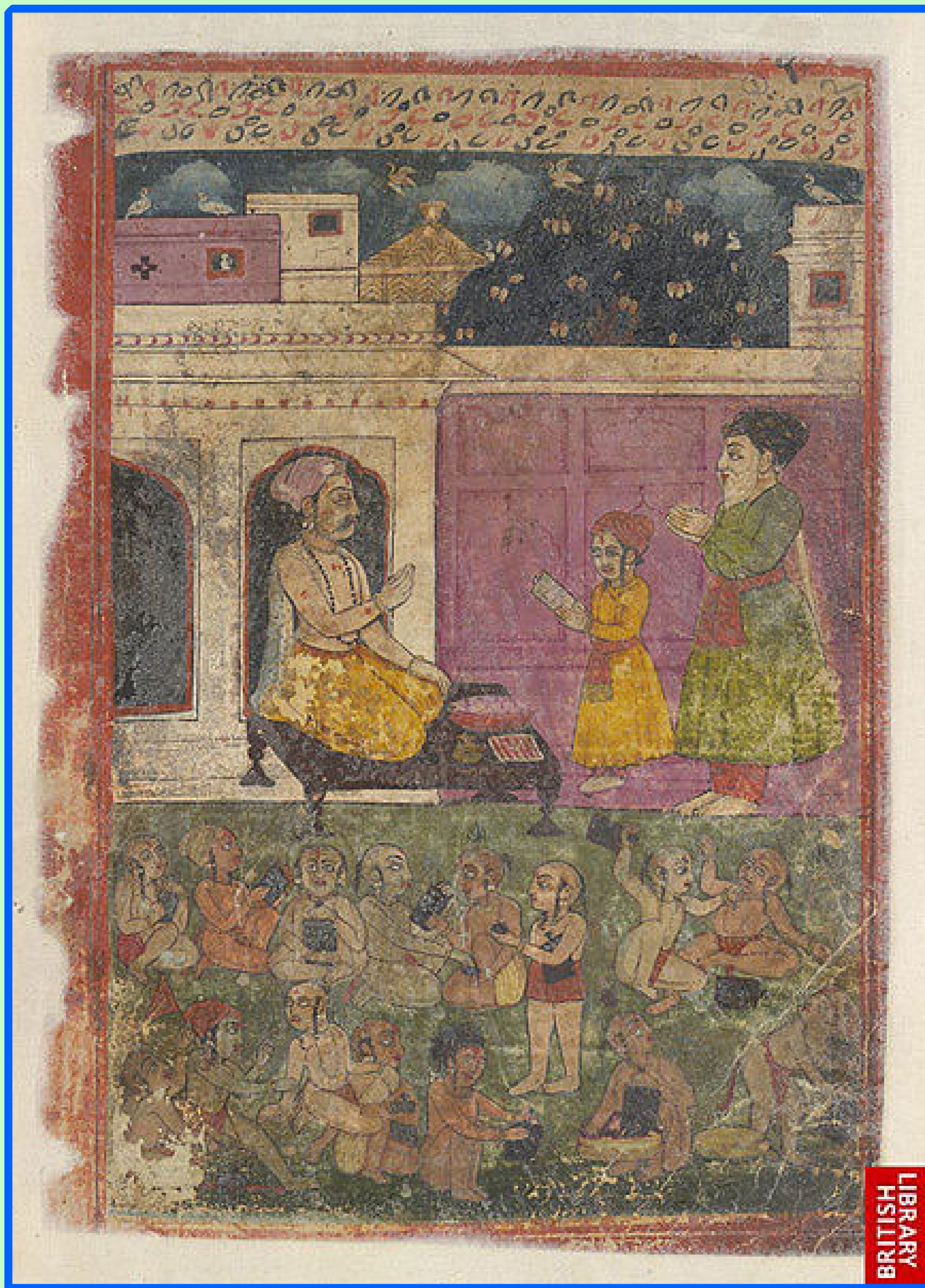
Is anyone in this class a Sikh?

Think, pair, share.



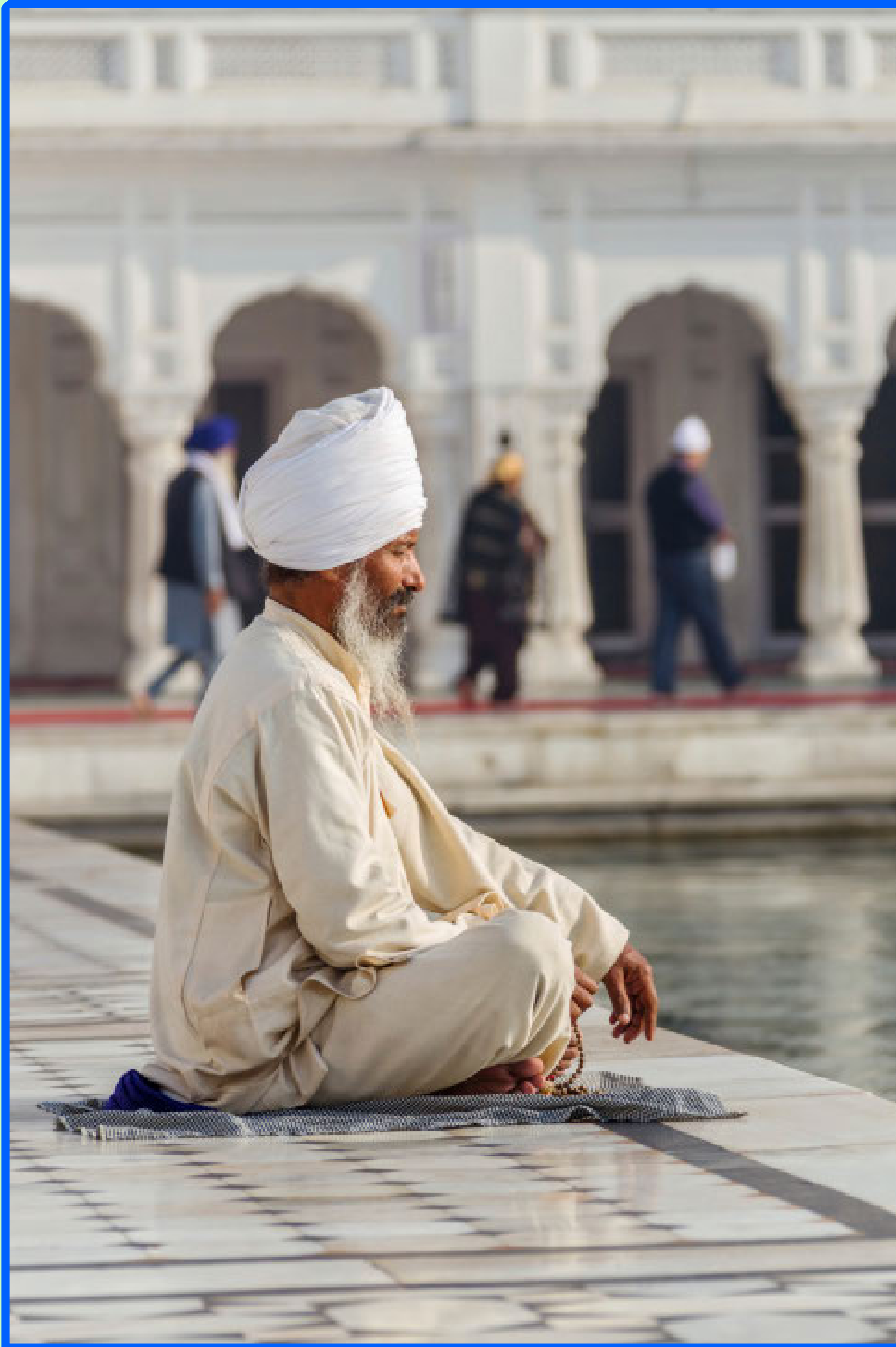
Sikhism is the fifth most followed religion in the world! Other religions include Christianity, Islam, Hinduism and Buddhism. Sikhism was founded by Guru Nanak.



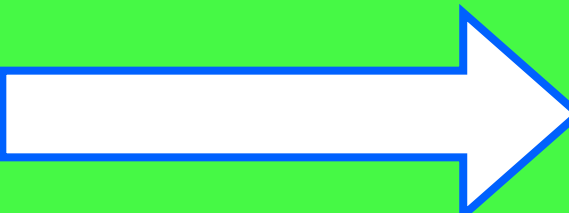


When Guru Nanak was a boy he studied and travelled the world. Lots of people thought he had divine qualities. This means they thought he was sacred or holy. Divine means godlike.





Every day Nanak would take a bath in a river. After his bath he would meditate on the river bank. One day some demons came and tried to scare him. When they realised they couldn't scare him, they started to promise him lots of expensive things. Nanak ignored them. He kept meditating and talking to God. After a while the demons left him alone.



Some villagers came to the river to see where Nanak had gone.

But Nanak had disappeared! All the villagers could find were Nanak's clothes on the river bank. They thought he had drowned.



After three days Nanak returned to the people. They were very surprised to see him. He told them he had been with God and had an important message.





Nanak said “There is neither Hindu or Muslim so whose path shall I follow? I shall follow God’s path.”



Nanak meant that God does not belong to one religion. He thought it was important that you worshipped God but that you could do it through any religion.



After this Nanak became known as Guru Nanak. The people that followed him became known as Sikhs. Nanak was the first Sikh Guru.



Sikh means 'learner'  
Guru means 'teacher'





What have you found out about  
Sikhism today?

Think, pair,  
share.



## Plenary

Sikhs show their commitment to God by wearing five different items. In Punjabi these five items all start with the letter k so they are known as the **5 Ks**.

The Kesh  
The Kanga  
The Kara  
The Kaccha  
The Kirpan

Do you know  
what any of these  
items might be?





## The 5 Ks

**Kesh** is hair. Sikhs do not cut their hair. They grow it long as a commitment to their faith. They wear turbans to keep their hair tidy.



The **kanga** is a small comb which is worn under a turban. The comb helps to keep their long hair tidy. It also reminds them to live a clean and orderly life.

The **kara** is a metal bracelet. Its circular shape is a reminder that God has no beginning and no end.







A **kaccha** is a loose undergarment, a bit like boxer shorts. They are worn by Sikh men and women. Kacchas remind Sikhs to be modest and to conduct themselves with dignity.

The **kirpan** is a small dagger or sword. It is worn on a belt. It is a reminder that Sikhs must be ready to fight for their beliefs or to defend people who are weaker than them. They cannot use it to attack anyone.

