

SIKHISM RESOURCE BOX KEY STAGE 1 & 2

ARTEFACTS:

SIKH TURBAN

The turban has been an important part of Sikh culture since the time of Guru Nanak. It is an article of faith that represents honour, self respect, courage, spirituality and piety. Although it is not part of the 5 k's it is usually mandatory for all baptised Sikh men to wear a turban.

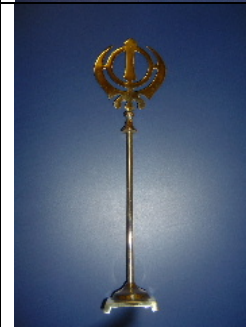


THE KHANDA

The Khanda is one of the most important symbols in Sikhism. There are three different items used in a Khanda which have symbolic meaning:

- a double edged sword in the centre,
- a circular Chakkar,
- two single edged swords or Kirpans.

The Khanda represents knowledge of God. The Chakkar represents the eternal nature of God and oneness of humanity. The two swords represent the dual natures of the Gurus Miri and Piri.



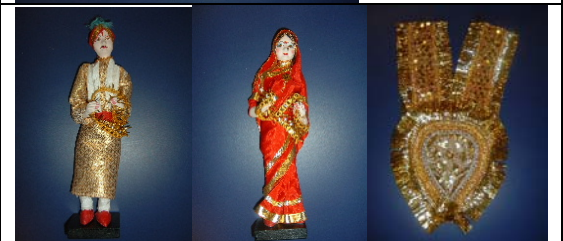
IK ONKAR SYMBOL

This symbol is the combination of two words meaning One God. Believing in only one god is one of the cornerstones of Sikhism. The holy scriptures of the Sikh religion (called the Guru Granth Sahib) begin with this symbol.







GROOM HEADDRESS BRIDE AND GROOM

Since Guru Nanak founded Sikhism families and family life have been very important in Sikh culture. Being married is thought to be a necessary part of life. Many Sikh weddings are arranged marriages.



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ARTEFACTS:

<p>GURU NANAK</p> <p>Guru Nanak founded Sikhism 500 years ago. He was a Hindu but rejected parts of the religion. He believed in only one god and felt that all people should be equal.</p>	
<p>FLAG</p> <p>Nishan Sahib is the name given to the flag which is seen flying outside every Sikh Gurdwara. It is a triangular piece of ochre or saffron coloured cloth with a khanda emblem in the middle.</p>	
<p>PRAYER BEADS (2 sets)</p> <p>Prayer beads are called mala and are used to count repetitive prayers. Daily prayers are important in Sikhism.</p>	
<p>COMB AND BANGLE</p> <p>The Kangha is a comb worn in a Sikh's uncut hair. It is used twice a day to keep hair tidy and is seen as a sign of discipline.</p> <p>The Kara is a steel band and is worn on the hand of the wrist that is used to write. It is also a sign of equality as it is made from an inexpensive metal and can be worn by all Sikh's, rich or poor.</p>	

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FIVE K's

Sikhs wear five symbols or signs to show they follow the religion of Sikhism:

The Kirpan (sword)

The Kara (bangle)

Kesh (uncut hair)

The Kangha (comb)

The Kachera (undershorts)



BLACK HEAD CAPS

Alternative to the turban.



RAKHI CARDS

Rakhi cards are sent to friends and family on special occasions such as Weddings, birthdays etc.



SIKH DOLL

A doll for children to look at and discuss the doll's appearance and what it is wearing also to help them to discuss the reasons why the doll's hair is tied at the top of the head and the clothing it is wearing.



SIKHISM KEY STAGE 1 & 2 – BOOKS

A Birthday to celebrate – A story of Guru Nanak (Times to remember)
Lynne Broadbent & John Logan

Beliefs and Cultures Sikh
Catherine Chambers

Celebrations Baisakhi
Mandy Ross

Communities in Britain, Sikhs in Britain
Fiona McDonald/Watts

Developing the Global Dimension in the School Curriculum
DFID

First Steps to Rights
Unicef

For Every Child
Unicef

Guru Nanak & Sikhism (Religious Lives)
Ruth Nason

Holy places The Golden Temple
Victoria Parker

If the World were a Village
David Smith & Shelagh Armstrong

India Children's Needs Children's Rights
Unicef

Sikhism (Introducing Religions)
Sue Penney

I am a Sikh (My belief)
Aggarwal & Fairclough/Watts

Sikh Granthi (My life my religion)
Kanwaljit Kaur-Singh/Chris Fairclough/Watts

My Sikh Community
Kate Taylor

My Sikh Faith (Big Book)
Rainbow big books/Evans

My Sikh Year (A year of religious festivals)
Cath Senker/Wayland

Sikh Festivals through the year (A year of festivals)
Anita Ganeri/Watts

Sikh Prayer & Worship
Rajinder Singh Panesar/Anita Ganeri

Visiting a Gurdwara (start up religion)
Kanwaljit Kaur-Singh/Ruth Nason

Sikh Stories (Storyteller)
Anita Ganeri

I am Sikh (Talking about my faith)
Cath Senker/Watts

The Global Dimension in action
QCA

The Guru Granth Sahib and Sikhism
Anita Ganeri/Evans

Sikh Gurdwara (Where we worship)
Kanwaljit Kaur-Singh/Watts