

Key vocabulary

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| Guru | <i>A spiritual teacher</i> |
| Panth | <i>A way of life following the teachings of the gurus</i> |
| Guru Nanak | <i>The founder of Sikhism and the first of ten gurus</i> |
| Mool Mantar | <i>Opening words of the scriptures, summing up the main teachings and key beliefs</i> |
| Sewa | <i>Loving actions</i> |
| Langar | <i>The community kitchen</i> |
| Gurdwara | <i>Place of Worship</i> |
| Nam Simran | Meditation on God's name |
| Kirat karna | Hard work |
| Vand chhakna | Sharing, charitable giving |
| Gurmukh | Being God-centred |
| Hukam | Live according to the will of God |

Learning sequence

Find out how and why Sikhs remember God: stories of Guru Nanak, Mool Mantar, what implications did his teachings have for Muslims and Hindus at the time?

Examine how the teachings and lives of Guru Nanak and the Gurus guide Sikh living today. Explore examples of how they are put into practice by Sikhs.

Find out about a Sikh's three duties

Explore the Sikh path of life

Consider the questions of Sikh identity in modern British culture

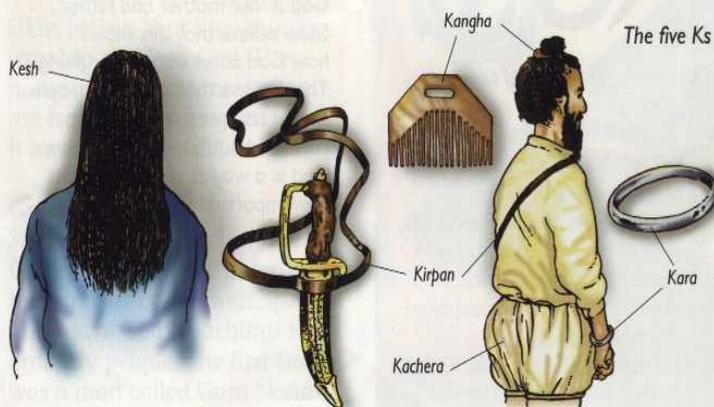
Important facts

Sikhs have 3 duties: Nam Simran (meditation on God's name), Kirat karna (hard work) and Vand Chhakna (sharing, charitable giving).

The Sikh path of life: from self-centred (manmukh) to being God-centred (gurmukh), over-coming the ego (haumai) by living according to the will of God (hukam), This enables a person to leave the cycle of re-birth (samsara).

Some Sikhs are baptised into the Khalsa and wear the 5 Ks: Kara (steel bracelet), Kesh (uncut hair), Kanga (wooden comb), Kaccha (cotton shorts), Kirpan (steel sword).

How are Sikh teachings on equality and service put into practice today?



Final outcome

Pupils will ...
Create a presentation to answer the question and show how Sikh beliefs are put into action.

Key skills



Text
Explain the key beliefs of Sikhism and their importance for Sikhs living in Britain today; Explain how Sikhs interpret the Mool Mantar and what it tells them about God, life and how to live.



Impact
Give reasons and examples to explain how and why Sikhs put their beliefs in action in different ways; Show how beliefs and teachings guide Sikhs in responding to the challenges of life in Britain today.



Connections
Offer an account of the value and impact of Sikh practice of service and equality in the UK today; Comment on whether the Sikh emphasis on equality and service has anything to say to you yourself, offering reasons and justifications for your response