

RELIGIOUS EDUCATION



What do Sikhs Believe?

Hi year 3,
This half term we will be learning about the basic beliefs and practices of the Sikh faith. Before you begin the topic, you might want to take some time to talk to a member of your household about what you already know and what you would like to find out over the next six weeks. Try and complete one lesson a week.

Enjoy!

Miss Cosby and Miss Evans

Lesson 1 – Symbols

Below are a variety of symbols that you might be familiar with.



Do you know what each of these symbols represents?

Why are symbols used?

Is there a difference between a sign and a symbol? If so what is the difference?

What is a symbol?

A sign, shape, or object that is used to represent something else

Religious Symbols

Symbols are often used by religions to convey important beliefs and meanings.

What religious symbols are you already familiar with?

Do you know any symbols associated with Sikhism?

Click on the lesson resources to learn more about the symbols associated with Christianity and Sikhism.

Task:

Now that you are more familiar with symbols and their importance, we would like you to think about your own beliefs and ideas. Design your own symbol, incorporating your beliefs or ideas / things which are important to you. This could be drawn on paper or made. The choice is yours. Write a caption to explain your design or label the different parts with their meanings.

Lesson 2 - Guru Nanak

Today, we would like you to think about the qualities of a good leader. On a piece of paper, brainstorm your initial thoughts. E.g. *sets a good example to others*.

What qualities make a good leader?

The Main Leader of the Sikh Faith is **Guru Nanak**.
The term "guru" meaning teacher and Sikh meaning "learner".

Click on the lesson resources to learn more and then visit this BBC website.

<https://www.bbc.co.uk/bitesize/topics/zsjpyrd/articles/zr86cqt>



Option 1:

Someone Special

Create a fact sheet about someone special in your own life who leads you. Explain why you think they are special and a good leader.

Option 2:

Discussion time

As a family, come up with between 8-10 qualities that you think make a good leader. Write down the qualities on individual pieces of paper. As a team, discuss and rate the qualities in order of importance.

Reflection:

What do the qualities of Guru Nanak teach a Sikh about how to behave towards other people?

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Lesson 3 - Baisakhi Festival

Today, we are going to learn about **Vaisakhi**, also called **Baisakhi**.

It is the festival which celebrates the founding of the Sikh community, the **Khalsa**, in 1699.



Click on the lesson resources to read a PowerPoint and then visit the websites below to learn more.

<https://www.bbc.co.uk/bitesize/topics/zsjpyrd/articles/z6qqy9q>

<https://www.bbc.co.uk/newsround/43737417>

<https://www.bbc.co.uk/cbeebies/stories/lets-celebrate-vaisakhiperformance>

Optional Activities:

- Write about a time that you have been brave.
- Create a poster or leaflet about the Baisakhi Festival

Lesson 4 - Amrit Ceremony

*Have you ever taken part in a special ceremony?
If so, think about happened.*



Religious people often have ceremonies to mark significant points in life. Anyone who wants to become a full member of the Sikh faith and join the Brotherhood must take part in the **Amrit ceremony**.

A special ceremony called taking **Amrit** is the way to become Khalsa Sikhs. Wearing the Five Ks is how many Sikhs show their commitment.

Watch the clip below to learn more:

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-taking-amrit/zj6d7nb>

Option 1: Think about something that you want to commit to. Write down a promise to work towards this commitment. You could decorate the promise and keep it somewhere special.

Option 2: Compare similarities and differences between the Amrit Ceremony and a similar ceremony in another faith, e.g. First Communion.

Lesson 5 – The Five Ks

Do you do or wear anything special to physically show that you belong to a group, team or faith?



People from different faiths often wear something to show they belong too. Some Christians wear a cross necklace to show their faith, while during a christening the baby is dressed in a white gown to symbolise purity.

The 5Ks

The 5 Ks are 5 physical symbols worn by Sikhs who have been initiated into the Khalsa.

The 5 Ks taken together symbolise that the Sikh who wears them has dedicated themselves to a life of devotion to the Guru.

Click on the lesson resources for a PowerPoint and then click the links below to find out more:

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks2-five-ks-of-sikhism/znbhf4j>

<https://www.bbc.co.uk/bitesize/clips/zcn34wx>

<https://www.bbc.co.uk/religion/religions/sikhism/customs/fiveks.shtml>

Option 1:

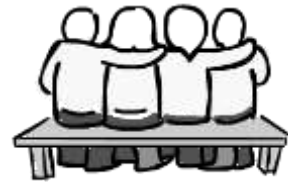
Draw a picture of each of the 5ks and write an explanation of each.

Option 2 :

Design your own object to remind yourself of something that is really important to you. Label the object and the meaning behind it.

Lesson 6 – Reflection

Sikhs focus their lives around their relationship with God, and being a part of the Sikh **community**.



This sense of belonging to a group or community is so important and something that we can all relate to.



Now, think about our school values.

Aspiration, Resilience, Creativity, Community and Kindness.

Our school community is underpinned by our values

What do these values mean to you?

How do these values bring us together?

Our **values** inform our thoughts, words and actions.

Task:

Design a poster that represents our school values and their importance to our school community.

Example

