

Year Group Year 4	Worldview: Sikhi
Strand:	Community and identity
Key Question:	What role does worship play in the life of a Sikh?
Focus of study:	Worship, ritual, celebration, Gurdwara
Background information for teachers:	
<p>Key Terms:</p> <ul style="list-style-type: none"> *Most Sikhs prefer to be called Sikh (seek) and that their religion is called Sikhi (seekey) instead of Sikhism. *Waheguru - name for the Sikh God. *Guru Nanak – founder of Sikhi. *Guru Granth Sahib – holy text for Sikhi. *Gurdwara – place of worship for Sikhi. <p><u>What does worship look like at home for a Sikh in practice?</u></p> <p>Most Sikhs would worship at home in one or more of the following ways:</p> <ul style="list-style-type: none"> *Reading and reciting prayers from a prayer book: <ul style="list-style-type: none"> -Dasam Granth is a collection of hymns and poems believed to be written by Guru Gobind Singh. -Gutka is a collection of hymns. Many Sikhs read and recite certain texts and prayers from this text as part of their daily devotions. -Japji Sahib is the first section on the Guru Granth Sahib and it begins with the Mool Mantra and it details the nature of God and what true worship looks like for a Sikh. It is often used in a Sikh’s daily devotional prayers and is read as a chant. This is often used with the Mala Beads. -Swayyas is a hymn recited to praise God. It is a section on the Guru Granth Sahib. This is often used with the Mala Beads. -Some Sikhs would use the Guru Granth Sahib in their worship. They will read it and recite from it. Guru Granth Sahib is the main holy text for Sikhs. It is believed to be the Eternal Guru and the word of God and so needs to be treated in such a way to show this. It should be on a raised platform (takht) under a canopy. It is placed on a small bed (manji). Sikhs will wear head coverings in the presence of the book and remove their shoes and wash their hands before being in its presence. It also needs to be put to bed at night. Because of these requirements, most Sikhs will not have a Guru Granth Sahib in their own home. *Meditation. This is commonly done while sitting on the floor, cross legged. It may involve chanting and /or looking at the ‘ik onkar’ symbol (which translates to ‘there is only one God’). The aim is to help them foster positivity. Some Sikhs will do this up to three times a day – morning, evening and night time. 	

*Mala beads – Some Sikhs may wear these around the neck or wrist. They will use them in prayer or meditation. They can be used to keep count of the chants, prayers or verses. There have 108 beads on a typical chain.

*Guru Ram Das is the 4th Guru and laid out advice on how to worship: 'during the early hours, he should rise and bathe, cleansing his soul in a tank of nectar (water), while he repeats the name the Guru has spoken to him. By this procedure he truly washes away the sins of his souls.'

Worship is important to Sikhs who believe that they can worship anywhere because God is ever present.

What does worship look like in a Gurdwara for a Sikh?

What is a Gurdwara?

*Gurdwaras are open to all people who want to worship God. People of all faiths are welcome. They have four entrance doors to represent welcoming all people. The main prayer hall is called the divan hall. The sangat (congregation) sit on the floor to worship. The Holy text is kept in a room called the sach khand overnight. There is also a free kitchen (langar) where vegetarian meals are served.

The following are examples of type of worship seen in a Gurdwara:

*Readings from holy texts (see holy texts above). Anyone can read from the holy texts.

*Kirtan (Hymns).

*Teachings from whoever leads the worship. Again, anyone can lead this.

*Prayers. One important prayer is called the ardas.

*Food – everyone present is given Karah parsha to eat. This and other food is served from the Langar (kitchen).

Sikhs should visit the Gurdwara as often as possible, though there is no set day for worship. In the UK it is often Sunday to fit in with the rest of society.

Possible festivals and celebrations:

*Gurpurbs (festivals to celebrate the births or deaths of the Gurus).

*Divali (festival of light).

How else does a Sikh worship?

Sewa – key principle of service to the community – 'selfless service'. This could take the form of:

*Serving in the langar.

*Teaching others the Punjabi language.

*Reciting the Guru Granth Sanib in the Gurdwara.

*Charity work – helping the needy or poor.

Other ways to worship might include:

*Singing.

*Listening to ragis (musicians).

- *Learning about the ten gurus.
- *Nam Japna – constantly remembering the name of God.

Are there special places to worship?

Sikhs believe you can worship anywhere, but there are some special places that Sikhs like to visit.

The Golden Temple – Harmander Sahib

- *Harmander means the temple of god. Sahib means a sign of respect.
- *It is located in Amristar, Punjab, India.
- *It is surrounded by water.
- *It was created by the 4th Guru and added to by the 5th Guru.

Gurdwara Darbar Sahib Kartapur

- *It was created by Guru Nanak.
- *it is located in Pakistan.

Kartarpur

- *Also, created by Guru Nanak.
- *It is located in Pakistan.

Gurdwara Janam Asthan

- *It was the birth place of Guru Nanak.
- *It is located in Pakistan.

Prior learning:	Previous unit on 'How do Sikhs understand God?'
Building Blocks:	<p>Sikhs worship in the Gurdwara and at home.</p> <p>Many Sikhs will worship in a variety of ways including prayer, hymns and meditation.</p> <p>An important type of worship is Sewa (selfless service).</p> <p>There are several special places of worship.</p>
Outcomes:	<p>Pupils will be able to explain what worship looks like for a Sikh at home and in the Gurdwara.</p> <p>Pupils will consider how worship is part of a Sikh life and how Sewa impacts their life.</p> <p>Pupils will be able to make connections between Sikh worship and worship in other faiths.</p>
Resources:	<p>Virtual tours of Gurdwara</p> <p>https://www.p4panorama.com/panos/gurudwara-dubai-360degree-virtual-reality-tour/</p> <p>Worshipping at home</p> <p>https://www.bbc.co.uk/programmes/p0119khd</p> <p>BBC Bitesize – information for teachers</p> <p>https://www.bbc.co.uk/bitesize/topics/zdr692p</p> <p>BBC Bitesize – information for pupils</p> <p>https://www.bbc.co.uk/bitesize/subjects/z7hs34j</p> <p>Sikhnet:</p> <p>www.sikhnet.com</p>

	<p>*The clip below explores the concept of service: https://www.sikhnet.com/news/service-way-sikh-life</p> <p>Sikh Stories: https://www.sikhnet.com/stories</p> <p>*The story of Bhai Kanhaiya Singh: https://www.sikhnet.com/stories/audio/bhai-kanhaiya-%28ghaneya%29-singh</p> <p>*The story of Guru Nanak and prayer: https://www.sikhnet.com/stories/audio/guru-nanak-and-prayer</p> <p>RE Online www.reonline.org.uk</p> <p>BBB teach www.bbc.co.uk/teach</p>
Engagement:	
Engage:	<ul style="list-style-type: none"> • Ask pupils to think about the roles that they have at home, at school and outside school. Discuss whether the roles at home are the same as at school. Which roles are most important? Do the roles help them to know who they are? Do others have the same roles? Does anyone you know have a different role to you? How do others' roles impact their lives? Do others change how you fulfil your role? • Are there times when you have to do things you don't want to do? Would you call those duties? What is the difference between rules and duties? Compare the duties they have to do with those others do. Are they the same? Are they the same for pupils and adults? Do our duties change as we grow up? • What is a place of worship? Are they all the same? What is worship? Does everyone worship in the same way? Discuss ways that those in the class worship? Do we worship the same way in school, at home, at a place of worship?
Enquire and Explore:	
	<ul style="list-style-type: none"> • Explore what a Gurdwara is and what happens inside. Look at the way Sikhs might worship in a Gurdwara. Who leads the worship? How do Sikhs worship in a Gurdwara? Do a virtual tour of a Gurdwara. Create a 3D Gurdwara and label what happens in different parts of the Gurdwara. Look at how the holy text is treated and why? • Explore special places of worship for a Sikh. Why are they special? How are they used? Compare to worship at home and in a gurdwara. • Explore ways that a Sikh might worship at home. Interview a Sikh or email a believer through RE online. • Look at Sikh artefacts such as images of the gurus, Sikhi symbols, Sikhi flag, 5ks and turbans and explore how they might link to worship or show meaning in worship. • Research the Sewa 'Selfless service'. What might that look like? What might it involve? Where would it happen? Why is it important? Pupils could plan what they might serve to the needy and if opportunity arises to actually do that. (This could also be providing food to the homeless through a charity.)

<ul style="list-style-type: none"> • Read some Sikhi stories that explore the concepts of worship and service. 	
Evaluate:	
<p>Evaluate the differences/similarities of worship for Sikhs in a Gurdwara and in the home. Consider how worship might affect the daily life of a Sikh. Is worship in school different or similar to Sikh worship? How? Have a chance to show others in the school how Sikhs worship. Compare the difference / similarities between Sikh worship and worship in other faiths.</p>	
Reflect and communicate:	
<p>Consider whether they would like to incorporate any of the values or routines in their own lives. What would the benefit be? Would any of the values or routines help them in the roles that they play in their life? Can a Sikh worship on his/her own or do they have to be in a home or Gurdwara?</p>	
Assessment opportunities:	<p>Create a poster/ fact file of what happens in a Gurdwara. Create a leaflet to explain how Sikhs worship at home. Write a reflection on how worship and Sewa may help a Hindu in their daily life. Plan and carry out a day incorporating Sewa. Plan a meal for a Sikh festival. Create a piece of art to reflect the value of Sewa Write a poem / chant about something important to the pupils. Create your own Mala beads and link it to your own chant / prayer.</p>
Notes	