



Waterbeach Community Primary School

Curriculum Capture for Year 2 Religious Education:

Topic: How do stories from the gurus and concept of Seva affect Sikh children?

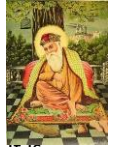
Who are Sikhs?

Sikhs are people that follow a religion called Sikhism, just like people who follow Christianity are called Christians. Sikhism began about 500 years ago in the part of India called the Punjab. The first Guru was Guru Nanak who was born in what is now Pakistan. At that time the main religions in India were Hinduism and Islam but Nanak believed there was a new way to serve God by praying, working hard and helping people. There are certain things important to Sikhs – helping others, being honest and working hard, thinking of God and their place of worship (Gurdwara).

Do Sikhs believe living a good life leads to happiness?

Guru Nanak was the founder of Sikhism and is considered the first Sikh Guru. Sikhism is based on his teachings and those of the nine Sikh Gurus who followed him. Sikh traditions teach that his birth and early years were marked with many events that showed he was special. Nanak travelled around different parts of India, teaching God's message.

Guru Nanak



The Rich man and the needle of heaven is a story told to explain the importance of helping others, whoever they are. It is important to lead a good life, instead of having lots of gold and riches. Guru Nanak meets a rich trader called Duni Chand, who kept his money for himself. Guru Nanak was invited for a feast at his palace. After the feast, Guru Nanak turned to Duni Chand and held out his hand. 'Here,' he said to Duni Chand. 'Take this needle and keep it safe for me. When I die, we will meet up in the next world. Then you can give the needle back.' Duni Chand was very grateful for this honour but that night, he began to think hard about how could he take the needle with him when he died. Duni Chand didn't sleep at all that night. The next day set off to find Guru Nanak. He handed back the needle and said, 'You have taught me a very big lesson. I can't take this needle with me into the next world. And I can't take all my gold and riches with me either.' Duni from then on shared his riches with others that needed it,

What does Guru Nanak teach about greed and selfishness?

The Milk and Jasmine Flower is a story taught to show how **greed and selfishness have a negative effect on the community**. Guru Nanak was travelling in India with his companion Mardana when they came close to a city. The holy men in the city heard about Guru Nanak and were afraid because they had been greedy and unkind. They sent a messenger with a bowl full of milk to Guru Nanak. They said as the bowl was full, so was the city, and they were sorry that they could not receive him. Guru Nanak thanked the messenger and very gently picked a flower and floated it on the top of the milk. The flower floated on top of the milk and not a drop was spilt. He said there would always be room in the world for more goodness. The messenger returned to the city and told the holy men what had happened, they were filled with remorse and sent the messenger back to welcome them back.

What does Guru Amar Das teach about serving others?

Akbar was the emperor of India during the time of Guru Amar Das ji. He was a virtuous ruler who respected holy men and had a love for divine teachings. One day he went to visit Guru Amar Das ji, the third Guru. When the emperor requested to see the Guru, the Guru refused to see him until he had eaten langar with the common people. Guru Amar Das had made a rule that anyone who wanted to see him had to eat langar first. This way everyone knew that we are all equal and God gives to us all. The Guru didn't care if someone was rich and powerful, he didn't accept these kinds of social rules. So the emperor did indeed sit and eat with everyone else. Akbar was impressed with Guru Amar Das and what an honest holy man he was. **Everyone is equal in the eyes of God.**

What happens in the Langar?

The langar or Guru's Kitchen is a community kitchen in the Gurdwara run in the name of the Guru. It is run by volunteers and it is seen as a privilege to help in the langar. People help by cooking, cleaning or serving. There is usually a waiting list of people who want to provide the langar each week because they want to serve God, and by helping others they feel they are doing this. All the food is free, and it is offered to anyone who visits the gurdwara, regardless of their faith. The langar serves only vegetarian food in order to make it inclusive of all faiths.

How do Sikhs serve the wider community?

Sewa is an important part of worship and devotion to God. There are three types of **Sewa**:
Tan- which is physical work and giving time to help others.
Man- which is mental skills and talents used to serve others.
Dhan- which is helping others through offering money or charity.

Many Sikhs perform sewa by volunteering in the **langar** and offering their time to serve langar to the wider community. **It reminds Sikhs that all people belong to the same human family and therefore should be treated equally**

Vocabulary

Guru	A Sanskrit term for a "teacher, guide, expert, or master" of certain knowledge or field. In Sikhism there are 10 Gurus.
Gurdwara	A (gurdwārā; meaning "door to the guru") is a place of assembly and worship for Sikhs.
Sewa	A 'selfless service', it involves acting selflessly and helping others in a variety of ways, without any reward or personal gain.



Gurdwara