

CULTURAL SAFARI

GUIDED NOTES

The word "Sikh" means _____ or "seeker of knowledge."

Sikhism is over _____ years old.

How many Sikhs live in the US? _____

Sikhs have been in America for over _____ years.

True or False? Sikh-Americans work in and serve in all walks of life _____.

What is culture? Name some things that are part of culture:



The Keys to Leading a Good Life
According to Guru Nanak:
Equality
Honesty
Community Service
Hard Work



Sikhism originated in the _____ region in India, also known as the "Land of the Five Rivers."

Sikhism was founded by _____, because he saw people being denied basic human rights due to their social status.

The word _____ means "teacher."

Sikh men commonly have the last name Singh, which means _____.

Sikh women commonly have the last name Kaur, which means _____.

This gives men and women _____ status in society.

Sikhism is not form of _____ or _____; it is its own unique and distinct faith.

Extension:

- 1.) Guru Nanak (1469-1539) lived at the same time as Leonardo da Vinci (1452-1519). Create a timeline of events happening around the world at the beginning of the 1500s.
- 2.) Several famous or prominent Sikhs are highlighted around 3:00 in the video. Find and research additional Sikh-Americans that you would want to feature in your own version of this video.



Kaur Foundation

Envisioning a society that promotes cultural awareness and inclusiveness for all.

MEET A SIKH FAMILY

"Sat sri akal"
This traditional Sikh greeting means "God is truth" or "Truth is divine and timeless."



Many Sikh Americans can be recognized by their physical appearance. Complete the chart about some of the items described in the video:

Item	Description: What is it? What does it signify?	Who wears it?
Kara		
Turban		
Patka		

AT THE GURDWARA

What do you do when you arrive at the gurdwara to show respect?

The most famous gurdwara is the _____ in Amritsar, India. The four open doors, one on each side, represent _____.



The Guru Granth Sahib is the Sikh _____. During a Sikh worship service, _____ from the Guru Granth Sahib are set to music and performed by ragis.

After the worship service, everyone participates in _____, a community meal prepared by _____. To symbolize _____, everyone sits together on the floor. Some common foods include _____.

Extension:

Find out more about one of the ceremonies or festivals mentioned in the video:

- Dastar Bandi (Turban Tying Ceremony)
- Baisakhi (also spelled Vaisakhi)
- Gurpurab

What other Sikh ceremonies or festivals could you include in this video?

CULTURAL SAFARI

REVIEW

Directions: Review your knowledge about Sikhism with this graphic organizer. Answer the questions to test your understanding or to learn more about Sikhism.

Sikhism is the world's 5th largest organized religion. *Why is it important to learn about different religions?*

There are approximately 500,000 Sikhs in the United States. *How many Sikhs are there in the world?*

Remember the number

5

to review what you learned about Sikhism.

Sikhism was founded about 500 years ago. *Who was the founder of Sikhism?*

Sikhism originated in the Punjab region of India, which means "Land of the five rivers"

Find Punjab on a map of India

Sikhism has five basic beliefs:

1. _____

2. _____

3. _____

4. _____

5. _____

What else did you learn about Sikhism?
What questions do you still have?

Define these important vocabulary words:

Guru

Langar

Guru Granth Sahib

Patka

Gurdwara

Ragi

Kara

Singh

Kaur

Turban



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CULTURAL SAFARI

GUIDED NOTES

The word "Sikh" means **_STUDENT_** or "seeker of knowledge."

Sikhism is over **_500_** years old.

How many Sikhs live in the US? **_500,000_**

Sikhs have been in America for over **_100_** years.

True or False? Sikh-Americans work in and serve in all walks of life **_TRUE_**.

What is culture? Name some things that are part of culture:

- Art & Music
- Clothing
- Food
- Holidays
- Life Events



The Keys to Leading a Good Life
According to Guru Nanak:
Equality
Honesty
Community Service
Hard Work



Sikhism originated in the **_PUNJAB_** region in India, also known as the "Land of the Five Rivers."

Sikhism was founded by **_GURU NANAK_**, because he saw people being denied basic human rights due to their social status.

The word **_GURU_** means "teacher."

Sikh men commonly have the last name Singh, which means **_LION_**.

Sikh women commonly have the last name Kaur, which means **_PRINCESS_**.

This gives men and women **_EQUAL_** status in society.

Sikhism is not form of **_HINDUISM_** or **_ISLAM_**; it is its own unique and distinct faith.

Extension:

- 1.) Guru Nanak (1469-1539) lived at the same time as Leonardo da Vinci (1452-1519). Create a timeline of events happening around the world at the beginning of the 1500s.
- 2.) Several famous or prominent Sikhs are highlighted around 3:00 in the video. Find and research additional Sikh-Americans that you would want to feature in your own version of this video.



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MEET A SIKH FAMILY

"Sat sri akal"
This traditional Sikh greeting means "God is truth" or "Truth is divine and timeless."



Many Sikh Americans can be recognized by their physical appearance. Complete the chart about some of the items described in the video:

Item	Description: What is it? What does it signify?	Who wears it?
Kara	steel bracelet worn on the wrist, signifies strength and unity with God	all Sikhs
Turban	about 15 feet long, prepared and worn everyday. It is not a hat. No special colors, a matter of preference. Represents honor and dignity for all Sikhs	mostly by men, optional for women
Patka	worn by boys when they have enough hair to form a top knot, keeps hair groomed and in place. smaller than a turban	boys

AT THE GURDWARA

What do you do when you arrive at the gurdwara to show respect?

- 1.) REMOVE YOUR SHOES _____
- 2.) COVER YOUR HEAD _____
- 3.) BOW TO THE GURU GRANTH SAHIB _____

The Guru Granth Sahib is the Sikh HOLY BOOK.

During a Sikh worship service, HYMNS from the Guru Granth Sahib are set to music and performed by ragis.

The most famous gurdwara is the GOLDEN TEMPLE in Amritsar, India. The four open doors, one on each side, represent OPENNESS TO ALL WHO WISH TO COME.



After the worship service, everyone participates in LANGAR, a community meal prepared by VOLUNTEERS. To symbolize EQUAL STATUS, everyone sits together on the floor. Some common foods include LENTILS, PEAS, SPINACH, FLATBREAD, SALAD.

Extension:

Find out more about one of the ceremonies or festivals mentioned in the video:

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What other Sikh ceremonies or festivals could you include in this video?

Directions: Review your knowledge about Sikhism with this graphic organizer. Answer the questions to test your understanding or to learn more about Sikhism.

Sikhism is the world's 5th largest organized religion. *Why is it important to learn about different religions?*

- *to understand each other*
- *to accept people the way they are*
- *to learn about other experiences*
- *respect differences*

There are approximately 500,000 Sikhs in the United States. *How many Sikhs are there in the world?*

30 MILLION

Remember the number

5

to review what you learned about Sikhism.

Sikhism was founded about 500 years ago. *Who was the founder of Sikhism?*

GURU NANAK

Sikhism originated in the Punjab region of India, which means "Land of the five rivers"

Find Punjab on a map of India

Sikhism has five basic beliefs:

1. **EQUALITY** _____
2. **HARD WORK** _____
3. **HONESTY** _____
4. **COMMUNITY SERVICE** _____
5. **LIVING A LIFE OF DEVOTION** _____

What else did you learn about Sikhism?
What questions do you still have?

Define these important vocabulary words:

Guru

Langar

Guru Granth Sahib

Patka

Gurdwara

Ragi

Kara

Singh

Kaur

Turban

