

CULTURAL SAFARI

GUIDED NOTES

Record some important facts about Sikhism here:

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



The Keys to Leading a Good Life According to Guru Nanak:



Sikhism originated in the _____ region of India, also known as: _____.

Sikhism was founded by _____ because _____.

The word _____ means “teacher.”

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

Sikh women commonly have the last name _____, 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

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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 with 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?

What is the Sikh holy book called?

What happens during a Sikh worship service?

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

What happens after a worship service at a gurdwara?



Extension:

Research and 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 _____ largest organized religion.

How many Sikhs live in the United States?

Why is it important to learn about different religions?

How many Sikhs are there in the world?

Remember the number

5

to review what you learned about Sikhism.

When was Sikhism founded?

Where did Sikhism originate?

Who was the founder of Sikhism?

Find this location on a map.

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

Record some important facts about Sikhism here:

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 COMMUNITY SERVICE
 HARD WORK HONESTY



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.



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 with 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 _____

What is the Sikh holy book called?

GURU GRANTH SAHIB

What happens during a Sikh worship service?

HYMNS from the Guru Granth Sahib are set to music and performed by ragis.

What happens after a worship service at a gurdwara?

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**

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**



Extension:

Research and find out more about one of the ceremonies or festivals mentioned in the video:

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- Baisakhi (also spelled Vaisakhi)
- Gurpurab

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

How many Sikhs live in the United States?
more than 500,000

How many Sikhs are there in the world?

30 MILLION

Remember the number

5

to review what you learned about Sikhism.

When was Sikhism founded?

about 500 years ago, early 1500s

Where did Sikhism originate?

In the Punjab region of India

Find this location on a map.

Who was the founder of Sikhism?

GURU NANAK

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

