

# Notes for teachers

This lesson one of a sequence of 'investigation' lessons exploring moral codes followed by Christians, Muslims, Sikhs and Hindus. After completion of lessons 1 and 2, teachers may decide to focus on two or three religions rather than all four before concluding the unit with lesson 7. The unit will be enriched by a visit to a Gurdwara or a visit from a practising Sikh.

**Slide 5:** Pupils encounter rules in many contexts. Quickly recap these before drawing attention to rules of behaviour followed by religious communities.

**Slide 6:** All pupils should already have encountered places of worship; some may be familiar with the **Gurdwara** and other aspects of the **Sikh** faith, depending on curriculum organisation. The **langar** will be a new concept for most pupils.

**Slide 7:** This Gurdwara has traditional features, including a dome and Nishan Sahib (flags with Sikh khanda symbol).

**Slides 8 and 9:** Encourage pupils to look closely in order to pick out details from the pictures and ask questions.

**Slide 10:** This slide has five phrases summarising some of Guru Nanak's moral teachings in child-friendly language. These values will be recognised and understood by Sikhs, but this is not a comprehensive list and there are other ways to summarise and list Sikh values and beliefs.

**Slides 11 and 12: Misconception note:** Generosity, equality and service can be undertaken in many areas of life – not just in the langar. However, the langar is a good demonstration of these values in one place. Everyone is welcome to eat there and food is vegetarian to be inclusive of all faiths and none.

**Slide 14:** Most children will spot generosity and service. Some children may recognise the hard work of the volunteers and the equality of everyone sitting together. Others may go deeper and see caring for others as a visible sign of remembering God.



# How do Sikhs make good choices?

Unit: C1.3 How do we make good choices?  
Lesson 5



## *Learning objective*

Suggest why **Langar** is an important duty for Sikhs.



# Introduction – what do you know?



**Which rules might you follow?**

**School, family,  
religious**

**What is a 'consequence'?**

**Something that  
happens as a result**

**Who follows the Ten Commandments?**

**Christians, Jews,  
Muslims**

**Who said, 'Love God and love your  
neighbour'?**

**Jesus**

**Which people follow the 5 pillars?**

**Muslims**

**Name one of the 5 pillars of Islam.**

**Shahadah, Prayer, Fasting,  
Zakat (giving), Hajj  
(pilgrimage)**

**Where do  
rules come  
from?**

**School**

**Family**

**Sport and  
games**

**Religious  
beliefs**

**Other  
ideas?**



# Words used in this lesson

**Sikh**

A person who follows the Sikh faith

**Gurdwara**

A Sikh place of worship

**Community**

A group of people who live or work together

**Langar**

Free food kitchen at the Gurdwara



# What can you see at the Gurdwara?

- This building is called a **Gurdwara**.
- The **Gurdwara** is a very special and important place for the **Sikh community**.



# What can you see at the Gurdwara?



**Sikhs come to the Gurdwara to pray and learn.**





# What can you see at the Gurdwara?



**Sikhs like to eat together in the langar hall at the Gurdwara.**

Why do you think this is so important?



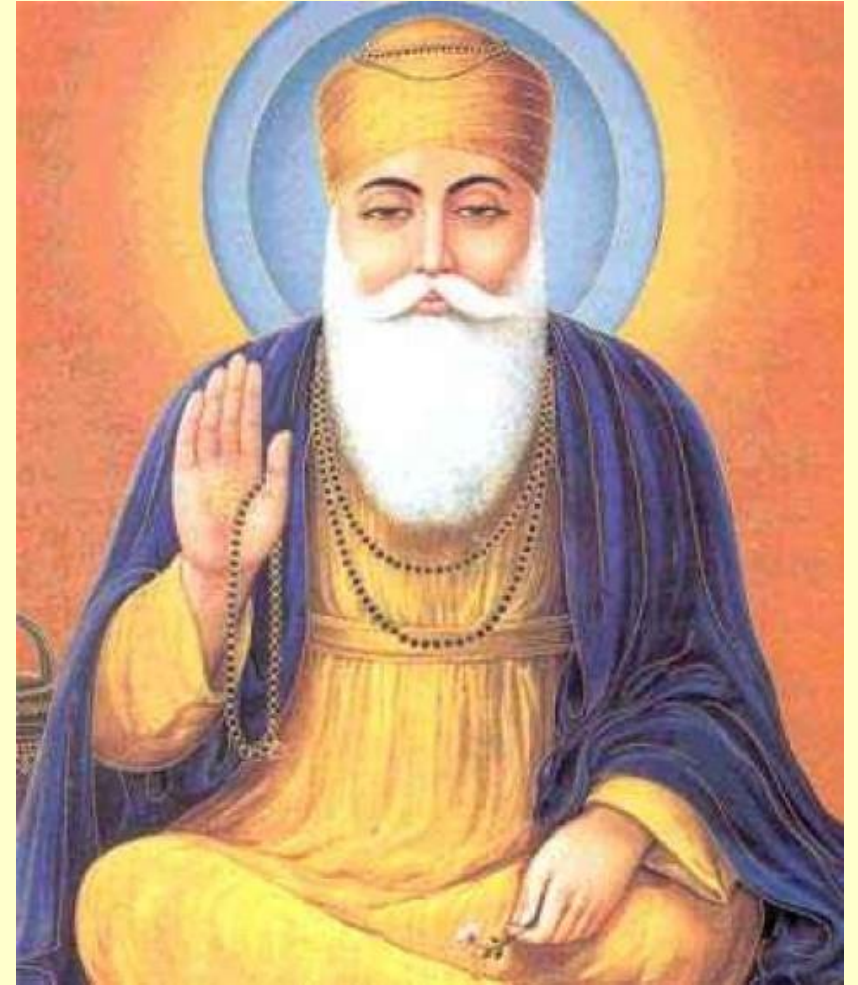
# What rules are important to Sikhs?

Sikhs believe that actions are important.

Sikhs follow the teachings of Guru Nanak.

Here are some of Guru Nanak's rules for living a good life:

- Keep God in heart and mind at all times
- Be honest and work hard
- Treat everyone equally
- Be generous to those less fortunate
- Serve others



# What rules are important to Sikhs?

Match these **Sikh** rules with the pictures



Keep God in heart and mind at all times

Work hard

Be generous to those less fortunate

Serve others



# How does the langar show Sikhs making good choices?

The **langar** is the **community kitchen** at the **Gurdwara**.

Free vegetarian food is served in the langar every day.

**Sikh** volunteers help to do the cooking and washing up.



# How does the langar show Sikhs making good choices?



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Everyone from the local **community** is welcome to share the food – you do not have to be a **Sikh**.

Everyone sits together to eat.



# How does the langar show Sikhs making good choices?



Which **Sikh** rules can you see happening in the **langar** hall and kitchen? Explain your ideas.



- Keep God in heart and mind at all times
- Be honest and work hard
- Treat everyone equally
- Be generous to those less fortunate
- Serve others

# Task: Make an invitation to a meal at the langar.



Points to remember :

- The **langar** is in the **Gurdwara**
- It is free
- Everyone is welcome
- The food is vegetarian



# What have we learned today?

1. This building is a special place for \_ **Sikhs**



**Christians**

**Sikhs**

**Muslims**

**Hindus**





2. A Sikh place of worship is called:

- a) Church
- b) Mosque
- c) Synagogue
- d) Gurdwara



Answer d) **Gurdwara**



3. One thing a **Sikh** would not do inside the **Gurdwara** is:
- a) Eat their dinner
  - b) Play football
  - c) Pray
  - d) Meet friends

Answer (b) **Play football**



4. Match the **Sikh** rules with an example

a) Be honest

b) Be generous

c) Work hard

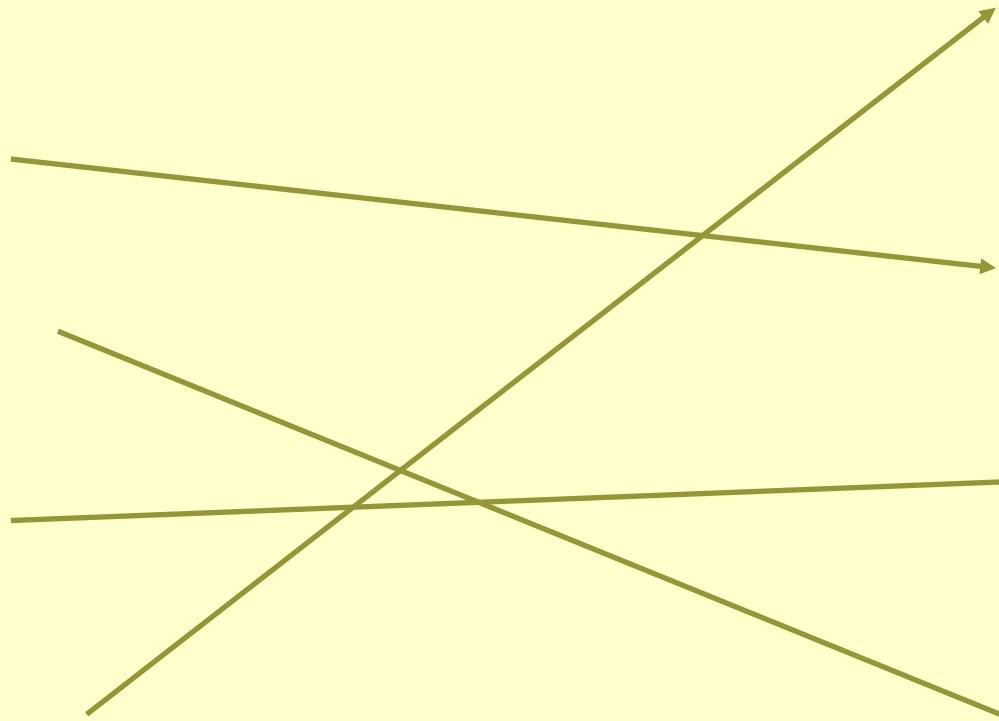
d) Serve others

**Help with the washing up**

**Tell the truth**

**Try your best at school**

**Share your toys**



5. Complete the sentence:

In the **langar**, I would expect to see \_\_\_\_\_

Answer: e.g. food, people, **Sikhs**, plates, cups

**Hint:** Think about all the different people at the tables or in the kitchen. Can you find more than one answer?



6. In the **Sikh community**, people try to live a good life by

---

Answers:

- Remembering God
- Being honest
- Working hard
- Treating everyone equally
- Being generous
- Serving others

**Hint:** Think about the rules that Sikhs follow. Can you think of more than one example?



## *Learning objective*

Suggest why **Langar** is an important duty for Sikhs.



## ***Transferable question***

**We have learnt about Sikhs make good choices.**

**How do we know the right thing to do?**



# Acknowledgements

Photographs:

PLEASE INCLUDE THE ORIGIN AND LINK TO COMMONS OR OTHER SOURCE FOR EACH PICTURE

