

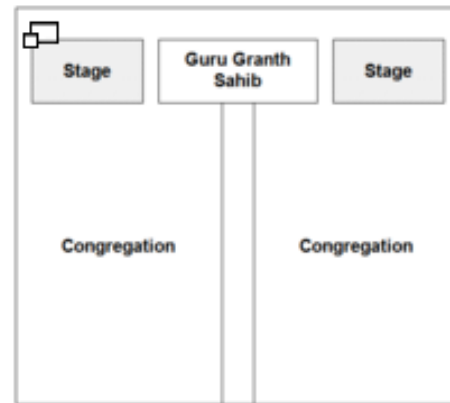
## Year 1 - Summer 3 -What does it mean to be Sikh?

You already know about:

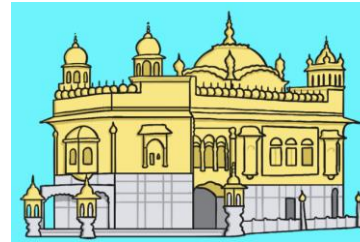
- Christianity
- Judaism



Nishan Sahib –  
the Sikh flag.



Inside a Gurdwara.



A Gurdwara.



Langar – a place to eat in  
the Gurdwara.



### Key vocabulary

**Gurdwara** - a Sikh place of worship

**Guru**- a wise teacher

**Guru Granth Sahib** - Sikh Holy book

**Guru Nanak** - the first Guru (of 10) and founder of Sikhism

**Khanda** - a Sikh symbol (two edged sword)

**langar** - a big room in the Gurdwara where free food is served

**Nishan Sahib** - the name for the Sikh flag

**Panjabi** - language spoken by Punjabis

**Patka** - a covering for a boy's head before he starts using a turban

**temple** - a large building where people meet to pray

**turban** - a head covering for men

**vegetarian** - some-one who does not eat meat or fish

### Key facts

Sikhs believe in one God who made the world all people. They believe everyone is equal and a member of God's family.

Sikhs pray in a Gurdwara which could be a room at home or in a large temple.

The Sikh holy book is called the Guru Granth Sahib.

'Guru' means teacher. Guru Nanak started the Sikh religion.

Not cutting hair is part of the Sikh religion. Hair is covered with a patka (boys) or a turban (men.)

In the Gurdwara people take their shoes off and sit on the floor cross legged. Men sit on one side and women on the other side.

After the service everyone eats in the langar.