

The 5 K's
of Sikhism
by Y10 / 11



We had a Sikh Day at our school. Roop Singh came to tell us all about Sikhism and the 5 K's. We had a great day looking at Roop's special Sikh artefacts.

Roop also did a Sikh wedding. Steven was the groom and Emma was the bride.

We learnt how to put a turban on and we sang Shabads, Sikh hymns.

Here is Roop with Christopher wearing a turban.



The Sikh special book is called the Guru Granth Sahib. It has a special place of honour in the Gurdwara. Here is a picture of it:



After Roop left we bought a big book called 'My Sikh Faith' and we all looked at it with Vivien and Sue. We liked the photographs and we could understand the writing when Vivien read it to us. It is a good book.

We bought a Sikh doll wearing the 5 K's. We called the doll Roop Junior after our friend Roop Singh. On the next page you will see some photographs of Roop Junior.

Here is Sophie showing us Roop Junior



Jodie is showing Roop Junior's Kirpan



Kayleigh is showing us Roop Junior's Kesh (hair) and Kanga (comb)



We made a display showing Sikh pictures and the 5 k's, which are **Kara** (bracelet), **Kanga** (comb), **Kirpan** (sword), **Kaccha** (shorts) and **Kesh** (uncut hair). We handled and wore the first four of the K's, but all the boys in our class have short hair and no beard, so we couldn't have the fifth K, Kesh. Sikh men wear a turban to keep their hair in place, but it is not one of the K's.

Kara

One of the five K's on our display is a Kara or steel bracelet. It is worn on the right wrist and it is a symbol of unbreakable attachment to God. It is in the shape of a circle which has no beginning and no end, like God's love for his people.

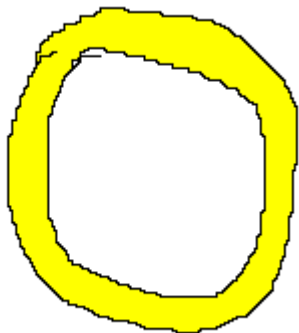
When Roop Singh came he told us that his own Kara had belonged to his mother and it was given to him after she died.

Here is Chris holding a Kara.



Chris says that he likes this Kara because it is shiny and round.

Here is Chris' drawing of a Kara





Lewis likes holding a Kara.

Kesh and Kanga

Sikh's never cut their hair. Hair is a gift from God and so it is special.

Sikh boys tie their hair in a knot and cover it with a special head dressing called a patka.

A kanga is a comb which all Sikh men wear to keep their hair tidy under their turbans.



Here is a picture of our Kanga.

None of our boys could wear it because they all have short hair.

Aaron says he would like to have uncut hair,
But we don't think his mum would agree.

Kirpan

We also have a beautiful Kirpan. Here is a picture of it.



A kirpan is a sword which represents freedom from oppression. It is worn in memory of Guru Gobind Rai, who was killed for refusing to give up his faith.

Kaccha

We have a pair of cotton shorts called Kaccha, worn by Sikh men. They wear them to remind themselves about moral purity.



Here is Lee wearing Kaccha, Kara and Kirpan



Sophie and Aaron dressed up as a Sikh man and woman.

Aaron is wearing a turban and he is holding the Kirpan with great pride.

Sophie is wearing a traditional costume from the Punjab. She has covered her hair with a chunni, or scarf. Sikh women wear their chunni's over their hair when they are in the Gurdwara.

Everybody takes their shoes off when entering a Gurdwara in respect for the Guru Granth Sahib.



Sophie takes a good look at the Kirpan.

The festival of Vaisakhi is on April 14. On this day long ago Sikhs were asked to wear the 5K's.

New clothes are given for Guru Nanak's birthday.

Emma, Jodie and Kayleigh loved Sophie's dress so much that they also wanted one.



Jodie loves her brightly coloured chunni.



Here is Emma looking very happy in her red chunni.

Guru Gobind Rai changed his name to Singh (lion), and since then all Sikh men have added Singh to their names. The women add Kaur to their names. Kaur means princess.

Sikh women can do all the same jobs as Sikh men in the Gurdwara, so the women can

conduct services and read the Guru Granth Sahib.

Here are Chris and Emma dressed as a Sikh boy and girl.



We have enjoyed learning about Sikhism and the 5K's. It was great meeting Roop Singh and we hope he visits us again soon. We had good fun dressing up, and now we know what the 5K's are.