

# Religious Education – Sikhism and Hinduism

*Children learn about the beliefs, traditions, and customs of the Sikh and Hindu religions.*

## Background information

**Sikhism** is a monotheistic religion, or a religion that believes in one God. The followers are called "**Sikhs**", and their holy book is the Sri Guru Granth Sahib. Around 28 million people are followers of **Sikhism**, which then makes it the ninth largest religion in the world. Sikhism originated in the Punjab region in the northern part of the Indian subcontinent around the end of the 15th century.

Hinduism originated in North India, near the River Indus, and is the world's oldest religion. With over 900 million followers, it is the third largest religion. Followers of Hinduism are called Hindus. There is one actual god, Brahman, who is depicted as different gods and goddesses who are sent to people to help them find the divine God Brahman.

## Knowledge and Understanding

In this unit pupils will learn...

- How Sikhs and Hindus join together as a community with festivals and celebrations
- How different religions celebrate important life events
- About the importance of pilgrimages
- About the five Ks in Sikhism
- The similarities and differences in prayer in each religion
- About the Hindu relationships with their deities

## Enquiry skills and Key concepts

- To describe the key beliefs and teachings of Sikhism and Hinduism, connecting them with other religions, making comparisons
- To show understanding of the ways in which people feel they belong to their religion
- To show, using technical terminology, how religious beliefs, ideas and feelings can be expressed in a variety of forms, giving meaning to symbols, stories and language
- To ask questions about the significant experiences of key figures and suggest answers from own and others' experiences, including believers

## Key Vocabulary:

**Guru** – a spiritual teacher

**Guru Granth Sahib** – the Sikh holy book

**Khalsa** – a path that baptised Sikhs follow

**Gurdwara** – the Sikh's holy place of worship

**Langar** – the kitchen at the gurdwara where all are welcome to eat

**Sewa** – selfless service to others

**Turban** – a very long piece of material that some Sikhs wrap around their head to cover their hair

**Granthi** – a person who leads services at a gurdwara

**Nishan Sahib** – an orange triangular flag flown outside gurdwaras

**Vaisakhi, Diwali and Holi** – religious festivals

**Mandir** – Hindu place of worship

**Sanskrit** – ancient Indian language

**Aum** – sacred symbol of Hinduism

**Brahman** – the Hindu God