

Religious Education Activity

For this lesson you will need: a pencil or pen, some crayons (optional) and some paper.

Note: if there is a word which is written in blue and underlined, it means you can click it and it will take you to a website.

L.O: How do Sikhs show their generosity?

Can you answer the following questions to get your brain thinking?

You can draw a picture or write sentences to answer these questions.

- 1) Is there anything that you do to help other people?
- 2) Is it sometimes good to do something without getting anything in return? Why?

Some terms which will be used today:

Gurdwara: Sikh temple

Guru Granth Sahib: Sikh holy text

Langar: Sikh free kitchen

Pangat: Sitting in rows

Sewa: Selfless service

Sewadar: Voluntary helper in the gurdwara

Click [here](#) to access a dictionary if you need to check the definitions of any words in this activity.

Click on the blue words below to watch some videos about the langar.

The [Gurdwara](#)

The [langar](#) and 'Seva'

Which values did you see in practice at the gurdwara?

What jobs did you see being carried out in the gurdwara?

Use the links in blue below to learn more about the langar. Alternatively use the simplified handout on the next page.

Create an informative poster to share all the facts you have learnt about langar today.

The Langar

)Guru Nanak designed a way in which all people would sit on the floor together, as equals, to eat the same, simple food.

)It is here that all people, high or low, rich or poor, male or female all sit in **pangat** (row or lines) to share and enjoy the food together.

)The langar helps to ensure men, women and children participate in service for mankind.

-) The langar or free kitchen was started by Guru Nanak.
-) It is designed to uphold the principle of equality between all people of the world, regardless of religion, caste, colour, creed, age, gender or social status.
-) The langar expresses the values of sharing, community, inclusiveness and oneness of all humankind.

“...the Light of God is in all hearts.”
Guru Granth Sahib 282