

ELEMENTARY PRESENTATION

the Sikh Coalition
the voice of a people

Who are the Sikhs?

The Sikh Coalition Confidential & Proprietary 1

Slide 1: Every person you saw in the video is a Sikh. We are going to learn a little bit about the Sikhs today. Our religion is called Sikhism.

Sikhs Came to America Over 100 Years Ago



Slide 2: Sikhs first came to America over a hundred years ago from a place in India called Punjab. When they came to America, they mainly settled in California and later New York.

Misidentification



Are Sikhs Muslims?

NO

Are Sikhs Hindus?

NO

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3

Slide 3: I'm going to give you a short quiz now. Click – Are Sikhs Muslim? Raise your hand if you think Sikhs are Muslims. (children raise hands) Ok, now raise your hand if you don't think Sikhs are Muslims. (children raise hands) Now, let's see who's right. Click – No.

Repeat with the next question.

(If this is true) – Great job! Most of you got these two questions right. Sikhs are not Muslims or Hindus. We are a completely separate religion.

- Sikhism is the fifth largest world religion
- Sikhs believe in 1 God
- Sikhs believe everyone is equal



Slide 4: Sikhism is the fifth largest world religion. (If the students are 5th grade or older, you can elaborate more on this point by asking them to raise their hands and guess at what the 1st, 2nd, 3rd, and 4th largest world religions are.)

Sikhs believe in 1 God. This is one God for all people, all religions, all languages, all cultures, etc.

Because we believe there is 1 God for everyone, we believe that everyone is equal in the eyes of God. No one is better or worse than anyone else because they are different. Everyone should be loved and treated with respect, no matter who you are.



Sikhs should:

- be honest
- share with others
- remember God everyday

Slide 5: This is what Sikhs should do everyday. Let's go over the first two first – work and live honestly and share with others. Raise your hand if your parents or your teacher has ever told you to always tell the truth and to share? (they will raise their hands). Yeah, so you guys have heard this before. It's always good to be honest in everything that you do – from being at school or being at home with your family or when you have a job. It is also important to share your time or belongings with someone else. By doing these things and by being a good person, we remember God and remember what kind of person we should be.

The 5 "Ks"



Iron Bracelet (Kara)
GOOD DEEDS



Sword (Kirpan)
PROTECTION

Long Underpants (Kachera)
SELF DISCIPLINE



Uncut Hair (Kesh)
SPIRITUALITY



Comb (Kanga)
CLEANLINESS

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Slide 6: We've been speaking so far on what a Sikh looks like on the inside, but this slide tells you a little bit about what a Sikh has on the outside. These are the 5 K's because in our language, each of these start with the letter "K". There is the kara which is a bracelet (show your own at this point), and I wear this because it reminds me to do good deeds. The kirpan which is a sword that represents protection not only for yourself but for anyone in danger. Kachera are long underpants that remind Sikhs to have self-discipline. Kesh is uncut hair. In Sikhism, men and women are not supposed to cut their hair. Kesh represents spirituality and is a part of the Sikh's external identity. The kanga is a wooden comb that reminds Sikhs to always be clean. These 5 Ks are important gifts from God that all initiated Sikhs must have.

Sikh Turban



- 99% of the people wearing a turban in the U.S. are Sikhs
- Sikhs have to wear the turban as part of their religious uniform
- Helps them stand out so they can help others



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7

Slide 7: Did you know that 99% of the time that you see someone wearing a turban next to you in the grocery store, on the bus, or at your school, they are Sikh? Now, raise your hand if you have seen someone wearing a turban on TV? (wait for them to raise their hand). I'm guessing that when you see someone on TV that's wearing a turban, 99% of the time, they will NOT be a Sikh. Do you see the difference? What people see on TV or in the newspaper and what they see at the grocery store, on the bus, or at their school is not the same thing. That is why people think that if you wear a turban and have a beard that you are a terrorist. I am here to tell you that Sikhs are not terrorists. (Reference the slide) Sikhs wear the turban because they WANT to stand out. Remember what we saw in the video? It helps them stand out in a crowd, it shows their commitment to their faith, etc. When you see someone on the street wearing a turban, you know that person is a Sikh. And because they are Sikh, they will help you in case you need it. (Helpful hint: You can use the analogy of a firefighter/police officer in that when you see that uniform, you know that they are there to help you. Similarly, a Sikh's external uniform reminds everyone that that person is a Sikh, and as such, they are always meant to tell the truth, share with others, etc.).

Different Types of Turbans



Slide 8: These are some of the different types of Sikh turbans that you might see. Sometimes you see the more round style, like the man in the white turban. Or you can have the more pointed turban like the police officer. The boy wearing blue is wearing a smaller turban called a patka. Young Sikh boys wear a patka until they get older and feel more comfortable wearing a turban. There is no particular age associated with wearing a turban. Women can wear turbans, too. This woman is wearing a white turban.

Sometimes Sikhs match their turbans to their clothes. (You can include a personal story or joke here).

Guru Granth Sahib

- Guru means religious guide
- During Sikh services, people read and sing from the Guru Granth Sahib
- It teaches you how to be kind, tell the truth, love and respect everyone



Slide 9: In a gurdwara, Sikhs sing and read from the Guru Granth Sahib. A guru means a religious guide or teacher. This is the Sikh's teacher because Sikhs read from the Guru Granth Sahib on how to be kind to others, tell the truth, and to love and respect everyone.

Gurdwara

- Place to learn and pray
- Everyone welcome
- Services usually on Sundays
- Community meal for all (Langar)



Slide 10: This is a gurdwara, a Sikh place to learn and pray. Raise your hand if you know the word for a place where another religion would gather to pray together. (they should respond church, mosque, synagogue, temple, masjid, etc.) That's exactly right! This is the place where Sikhs gather together to pray and learn from each other. Everyone is welcome to visit a gurdwara. It doesn't matter what religion you are or what language you speak. You'll see that large amounts of people usually come to the gurdwara on a Sunday in America, and after services, everyone sits on the floor and eats together. Why do you think that is based on everything you've learned about Sikhism so far? (some of them should raise their hand at this point and suggest that it might be because Sikhism believes everyone is equal, and so they all sit on the floor together; you can also give them the analogy of a king and his subjects.).

Most Sikhs Speak Punjabi



- Over 80 million people speak Punjabi
- The Punjabi alphabet contains 35 letters

ਹੈਲੋ

ੳ ਅ ਏ ਸ ਹ
ਕ ਖ ਗ ਘ ਙ
ਚ ਛ ਜ ਝ ਵ
ਟ ਠ ਡ ਢ ਣ
ਤ ਥ ਦ ਧ ਨ
ਪ ਫ ਬ ਭ ਮ
ਯ ਰ ਲ ਵ ਝ

Slide 11: Most Sikhs speak Punjabi. This is what the Punjabi alphabet looks like. Does it look like English? (The kids will scream, “no!”) No, it doesn’t. Punjabi also has more letters than English does. Punjabi has 35 letters, and English has 26.

The word written in Punjabi here is ‘Hello’.

Sikhs are everywhere!



Artists



Basketball Player



Military



Actor



Scientist

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12

Slide 12: Sikhs can be found in many different types of jobs today. We can be artists, actors, or even play sports professionally. Sikhs can also be scientists or in the military.

Artists – Singh Twins. Amrit and Rabindra Singh from England.

Actor – Waris Ahluwalia. Spike Lee's Inside Man, Darjeeling Limited, Life Aquatic etc.

Basketball Player – Darshpreet Singh, Trinity University, San Antonio, TX.

Military – Col. Sekhon, military doctor

Scientist – Dr. Narinder Kapany, invented fiber optics

Please Note: Time permitting, you can elaborate on any one of these individuals.

Sikhs can be found in many different professions today!



Doctor



Politician



Filmmaker



Lawyer



Farmer

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13

Slide 13: Sikhs can be doctors, lawyers, farmers, film directors, or even politicians. Manmohan Singh is a Sikh and is India's Prime Minister.

Please Note: Time permitting, you can elaborate on any one of these individuals.

Doctor - Dr. Kamaljeet Singh Kalsi

Lawyer - Harsimran Kaur

Politician – Dr. Manmohan Singh

Filmmaker – Harpreet Kaur

Farmer – Sikh farmer from California

Understand. Appreciate. Respect.



Slide 14: We have talked about many different things today. Can you guys help me remember some of the things we've learned? (Have them raise their hands, and call on 5 or 6 students.)

We all need to understand that each one of us is unique. Just because some of us may look different, wear different clothes, or speak a different language, doesn't mean that we can't appreciate each other for those differences. When we start to appreciate each other, we will respect each other. Can one of you point out the Sikh child in that picture?

Thank you for being such great listeners! At this time, I can answer any questions that you might have. Please raise your hand if you have a question.