

Sikh Heritage BC – Exploring Identity Through Sikhi and the 5 Ks

Lesson Title	Exploring Identity Through Sikhi and the 5 Ks
Suggested time (classes, minutes)	2-3 classes, 80 minutes each
Grade/Subject	Multiple
Big Ideas/ Curricular Competencies	<p>Understanding the diversity and complexity of cultural expressions in one culture enhances our understanding of other cultures (from Comparative Cultures 12)</p> <p>Religion can powerfully shape social, political, legal, and environmental values (from Comparative World Religions 12)</p> <p>Everyone has a unique story to share (from English Language Arts 1, 2)</p> <p>In general, connections can be made when discussing identity in stories, poems or through art</p>
First Peoples Principles of Learning	Learning requires exploration of one's identity.
Focus Questions/ Key Understanding	<p>How can learning about Sikhi and the 5Ks help us explore our own identity?</p> <p>How do cultural and religious symbols help one learn who they are?</p>



Lesson Plan	
<p>1) Introduction (10 minutes) Start by asking students if they have ever thought about what makes them unique or special. Write their responses on the board. Explain to students that one aspect of our identity is our cultural and religious background.</p> <p>2) Introduction to Sikhi</p> <p>a) Brainstorm on board – What do you already know?</p> <p>b) What would you like to learn?</p> <p>i) Use devices to research</p> <p>OR</p> <p>1. Provide students with a simple overview of Sikhi, including basic beliefs and values. Use pictures or illustrations to help students understand the concepts. Emphasize that Sikhi teaches respect for all people and emphasizes the importance of honesty, compassion, and selflessness.</p> <p>2. The Five Ks - Introduce the concept of the 5 Ks, the physical symbols worn by baptized Sikhs as a sign of their commitment to the Sikh faith. Show pictures or illustrations of the 5 Ks and explain what they represent. Explain that each K has its own significance and meaning. For example, the Kesh (uncut hair) represents naturalness and acceptance of oneself, the Kara (steel bracelet) represents strength and unity, the Kirpan (sword) represents self-defense and protection, the Kanga (comb) represents cleanliness and tidiness, and the Kachera (special underwear) represents self-control and restraint.</p> <p>1. OR show this video: Please Explain: what are the Sikh five Ks? - YouTube</p> <p>3. Assignment Overview – see worksheet for instructions and example</p> <p>4. Activity: Create a self-portrait</p> <p>1. Have students draw a self-portrait and write down some of their unique qualities on a piece of paper. Then, provide construction paper, scissors, and markers for students to create an image of themselves that represents their own identity. Encourage creativity and allow students to use their own ideas and styles to create their art pieces.</p> <p>5. Sharing and Discussion</p> <p>1. Have each student share their collage and explain what each item represents for them. Encourage a discussion on the significance of the students' own identity.</p> <p>6. Conclusion</p> <p>1. End the lesson by reviewing key concepts related to Sikhi and the 5 Ks and asking students to reflect on what they have learned. Emphasize the importance of respect for different cultures and traditions and the value of celebrating our own unique identities.</p>	
Lesson Sources	
Sikh Identity	
<p>1) Please Explain: what are the Sikh five Ks? - YouTube</p> <p>2) Identity - Sikh Coalition</p> <p>3) BBC - Religions - Sikhism: The Five Ks</p>	
Lesson Resources	Identity Assignment Worksheet

