

RE – The 5Ks of Sikhism

Today we are learning about the 5Ks of Sikhism. Begin by watching the following video:

<https://www.bbc.co.uk/bitesize/clips/z3sb9j6>

Task: Using the worksheet draw each of the 5 Ks onto the person and explain what that symbol represents to the Sikh community. Below is some further information about the 5 Ks which you may choose to use – or you may wish to do some further research on the internet.

Information on the 5 Ks of Sikhism

The 5 Ks date from the creation of the Khalsa Panth by Guru Gobind Singh in 1699. The 5 Ks taken together symbolise that the Sikh who wears them has dedicated themselves to a life of devotion and submission to the Guru. The 5 Ks are 5 physical symbols worn by Sikhs who have been initiated into the Khalsa.

- Kesh (uncut hair)
- Kara (a steel bracelet)
- Kangha (a wooden comb)
- Kachera (cotton shorts)
- Kirpan (steel sword)

Kesh (uncut hair)

Hair (kesh) is a symbol both of holiness and strength. Keeping hair uncut indicates that one is willing to accept God's gift as God intended it. Symbolizes adoption of a simple life, and denial of pride in one's appearance. A Sikh should only bow his head to the Guru, and not to a barber. It follows the appearance of Guru Gobind Singh.

Kara (a steel bracelet)

A symbol of restraint. A symbol of God having no beginning or end. A symbol of permanent bonding to the community-being a link in the chain. The Kara is made of steel, rather than gold or silver, because it is not an ornament.

Kangha (a wooden comb)

This symbolises a clean mind and body; since it keeps the uncut hair neat and tidy. It symbolises the importance of looking after the body which God has created; since the body is a vehicle for enlightenment, one should care for it appropriately.

Kachera (cotton shorts)

This is a pair of breeches that must not come below the knee. It was a particularly useful garment for Sikh warriors of the 18th and 19th centuries, being very suitable for warfare when riding a horse. It is a symbol of modesty.

Kirpan (steel sword)

There is no fixed style of Kirpan and it can be anything from a few inches to three feet long.

It is kept in a sheath and can be worn over or under clothing. The Kirpan can symbolise:

Spirituality, defence of good and weak and can be a metaphor for God.