

<p>“All men are the same although they appear different, the bright and the dark, the ugly and the beautiful... all human beings have the same eyes, the same ears, the same body build composed of earth, air, fire and water.... All human beings are the reflection of the one and the same Lord, recognise ye the whole human race as one.” Guru Gobind Singh (langar)</p>	<p>Year Group: KS2</p>	<p>No. of lessons: 3+</p>
<p>Learning objectives: To recognise the role of the langar, and its place at the centre of the Sikh community. To understand the Sikh concept of service and its practical outworkings.</p>		
<p>Themes to discuss: service, equality, helping the needy, sharing, respect for others,</p>		
<p>Activities and experiences:</p> <ul style="list-style-type: none"> • Gather photographs of different people of a variety of ages, nationalities, apparent wealth, etc etc etc. Invite the class to attempt to rank them in order of importance. (What does “important” mean in this context?) Share Guru Gobind Singh’s saying above and reassess your decisions if necessary. • Explore in its historical context Guru Nanak’s important message of religious tolerance and equality of all before God (website below) Pupils suggest <i>practical</i> ways in which people could demonstrate they understand and follow this teaching. Hear the story of Bhai Kanahya and the wounded soldiers as a real life illustration. • Investigate plans / videos / photographs of gurdwaras to identify and find out about the langar (free kitchen). Discover how: food is donated by members of the congregation; how serving there is seen as an honour and a symbol of service (sewa) to both each other and God; how everyone eats together; how the langar is open to absolutely everyone. • Find out about the kind of food served in the langar – vegetable curry, dhal, chapatis, baked paneer – can you cook / taste / share some of these (langar style)? Alternatively share a cake or kara parshad in circle time, and talk about the experience (see artefacts section of this booklet for recipe). • Extension: discuss ways in which the class could help / serve others e.g. an event to raise money for a charity that feeds the hungry. Do it?! Relate to the Sikh idea of sewa. 		
<p>Websites and resources: Nanak story at http://www.sln.org.uk/storyboard/stories/s6.htm See “Sikhism on the Web” pages of this booklet for on-line gurdwara tours. Bhai Kanahya’s story is at http://thesikhway.com/forum/viewtopic.php?p=371&sid=1a783a0fe10ed1661d47b2353d33ce4d There are good sized photographs of Ilford langar at http://www.redbridgerenet.co.uk/gurdwara-9-05/karamsargurdwara.html information about langar and the rules of the langar are at http://www.sgncweb.org/langar.html</p>		