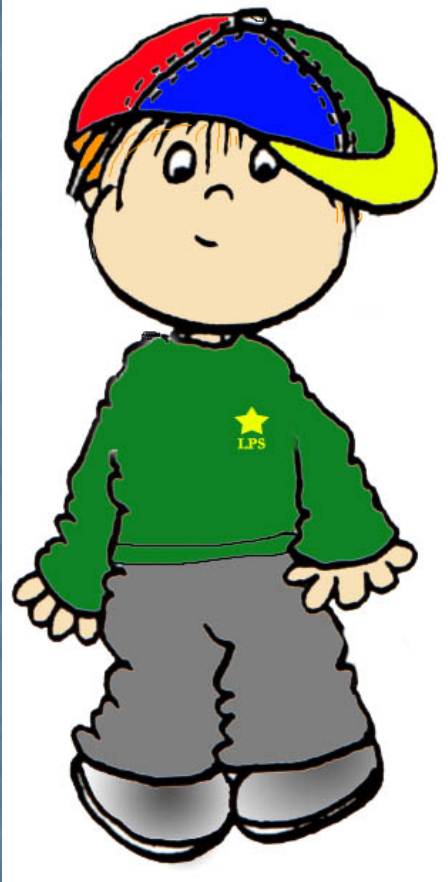


# Sikhism – The 5 K's



# We are learning to



Understand the importance  
of the symbols of the Sikh  
community

# What I'm looking for...

- You can discuss uniforms people wear
- Know the importance of the 5 Ks to Sikhs
- Write about the 5 Ks





People who wear a uniform..

# The Five K's

Every man and woman who belongs to the *Khalsa* must wear five symbols which show that they are Sikhs.

They are usually called the Five K's because in Punjabi their names all begin with the letter 'K'.

# (1) Kesh

- **Kesh** is hair. Sikhs promise not to cut their hair but let it grow as a symbol of their faith. Because during their lifetimes it will get very long they wear turbans to keep it tidy.
- They believe that this demonstrates their obedience to God.



A Sikh wearing a Turban



## (2) Kangha

- The **Kangha** is a small wooden comb. It keeps the hair fixed in place, and is a symbol of cleanliness. Combing their hair reminds Sikhs that their lives should be tidy and organised. Take note year 3!



The Kangha

# (3) The Kara

- The **kara** is a steel bangle worn on the arm. It is a closed circle with no beginning and no end...as with God there is no beginning and no end.
- It is a reminder to behave well, keep faith and restrain from wrong doing. Wearing it will remind a sikh of his duties.



The Kara



The Last two are a reminder  
that Sikhs are warriors and  
always fight for what is right!

The last two K's are:

1. The Kachera
2. The Kirpan

# (4) The Kachera

- These are short trousers worn as underwear. They were more practical than the long, loose clothes most people in India wore at the time of Guru Gobind Singh.
- The Guru said they were a symbol that Sikhs were leaving old ideas behind, following new better ones.



**The Kachera**

# (5) The Kirpan

- The warriors sword. These days a very tiny one is worn as a symbol of dignity and self respect.
- It demonstrates power and reminds sikhs that they must fight a spiritual battle, defend the weak and oppressed, and uphold the truth.



The Kirpan



# Today's Activity!

- First read the information about the Sikh symbols and highlight the important information.
- Then cut out the symbol, glue in your RE book and write the name of the symbol next to the picture.
- Using your notes write about each Sikh symbol