

Lesson 8: Peace - Sikh Story

Welcome back, once again, to our Via Transformativa Peace unit! Here are the links to the peace lessons we've posted so far.

This week, we'll focus on a Sikh {sik} story. Sikhism, like Hinduism and Buddhism, began in India. It's a relatively new religion, founded in the late 1400's. The most important word in this tradition is "guru" which means "wise teacher." Here are a few interesting bits about Sikhism.

- Sikhism is grounded in a Supreme Being or Almighty God, called Waheguru {WAH-hay-GOO-roo}
- The founders of the Sikh tradition were 10 human gurus who lived from the mid-1400's to the early 1700's.
- Their temples are called *gurdwaras*, which means "gateway to the guru."
- Their 11th, and final, guru is their sacred text, called the *Guru Granth Sahib*.
- Both male and female Sikhs are known for wearing head-coverings and turbans - both in and out of the gurdwara. Baptized Sikhs also leave their hair uncut. Even young baptized Sikhs wear a form of turban.



- Sikhs place prime importance on unity, harmony, and equality for all. One way they put those ideals into practice is with the *langar* {LANG-ar}, which is kind of like a free, vegetarian picnic. Everyone eats the same meal and sits on the floor, so no one is deemed better than anyone else. The photo on the left is from a *langar* I attended in 2018 during the Parliament of World Religions in Toronto. The photo on the right is from a *langar* I attended in 2019 at the Sikh Gurdwara of Raleigh.



Story - Bhai Sud Keeps the Peace

One of the best resources on Sikhism can be found at SikhNet. It has an entire section for Kids/Youth, which is where we find some of our Sikh stories. This one is about a wise old man named [Bhai Sud](#) {bu-HIGH sood}. (The word "Bhai" means "brother.")

In the story, Bhai Sud goes for a walk in the early morning. He runs into a band of robbers on horses. They are headed to Bhai Sud's town to rob the people of everything. Bhai Sud then uses his wits to deal with the robbers peacefully rather than forcefully (a common theme in peace-related literature around the world. You can either listen to the audio file or read the text.

Craft - DIY Hobby Horse

One of our crafts for this story is a pony stick - since the robbers were riding on horses. We've had a pony stick hanging around in the Preschool-Kind. classroom for a few years now, and they still play with it almost every week!

Supplies: two horse head templates, long stick, tape/glue stick, crayons/markers. Liquid glue and yarn are optional.

[Horse Head Template #1](#)

[Horse Head Template #2](#)



Print out the two templates.

Have the kids color/decorate them with whatever supplies you have. For example, if you have some yarn hanging around, they could glue that on for hair.

Then, find a stick. We usually use inexpensive wooden dowels that are long and thin. But, it's been pretty windy lately, so you might be able to go outside and find a long branch.

Once you have your stick and your two decorated templates, place one template face-down and tape the stick to it. Then, place the other template on top of it, face-up, and either secure it in place with tape or glue.

That's it! You now have a great indoor - or outdoor - activity. Whenever they need to run off some energy, encourage them to ride their horse!