# **Disposition: Being Courageous and Confident**

## **Lesson:** Two

### Question/LO: How did Sikhs show bravery at the first Baisakhi festival? How do some Sikhs show courage today?

| **Dimension of learning** | **Activities** | **Resources** |
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| Learning from experience | n/a | n/a |
| Learning about religious traditions and non-religious world-views | Recount the story of the first Baisakhi (See Year 3 Being Courageous and Confident L2 and Year 4 Cultivating Inclusion, Identity and Belonging L2 – the wearing of the 5 Ks and Amrit).    Write a newspaper account of the event. Imagine you have interviewed one of the 5 volunteers who are called “Panj Pyare” meaning 5 blessed ones”. How did they feel? Think of a headline to capture what happened.  Today many Sikhs demonstrate their moral courage and commitment to the faith through partaking in the ceremony of Amrit. After this ceremony Sikhs can wear the 5 Ks. Not all Sikhs go through this ceremony.  Ask pupils if they think it is easy to adopt the 5ks following the Amrit ceremony? What challenges may there be for a Sikh? Which of the items (Kesh, Kara, Kanga, Kachera and Kirpan) might require the most courage? Why?  Where do Sikhs who wear these items find their courage to behave accordingly to their beliefs even when it is hard?  Research - A Sikh should only take Amrit when he/she is mature enough to realise the nature of the obligations and responsibilities that they will have to live up to.  Discuss - What commitments should someone only undertake when they are mature enough to do so? Why do you think this? | Rites of Passage  Naming Ceremonies  Mandy Ross  ISBN: 978-1403439895  Life Times  Growing Up  Anita Ganeri  ISBN: 978-0237518325  Looking at Religion  My Sikh Life  Kanwaljit Kaur-Singh  ISBN: 978-0750249577  Sikhs in Britain  Fiona MacDonald  ISBN: 978-0749658830  The facts about Sikhism Alison Cooper  ISBN: 978-07500251075    A resource, the Amrit Ceremony Card, will have downloaded into the same folder as this lesson plan.  KS2\_Y6\_Unit\_06\_Sp\_Wk\_02\_of\_03\_  R123\_Resource\_Amrit\_Ceremony\_v1  Birmingham-faithvisits.theartsociety.org/sikh  Choose downloadable guide to the Gurdwara. It has simple pictures and explanations of the 5ks of Sikhism.  City on pedals has more detailed explanations.  <https://cityonpedals.com/blog/what-do-sikhs-wear-and-why-the-story-of-5-ks/amp> |
| Learning from faith and non-religious world-views | n/a | n/a |
| Learning to discern | n/a | n/a |