My First Sikh Books
Education Resources Packet

The resources in this packet have been developed in conjunction with the Lohgarh Foundation to accompany My First Singh Book and My First Kaur Book by Parveen Dhillon.

This packet contains the following items:

- Teaching Guide
- Alternative Pre-Reading Lesson Plan
- My First Sikh Books Glossary
- Kaur and Singh Name Tags – These name tags can be printed on a name tag template, which the students can wear as stickers on their shirt. The templates can be found at any office supply store.
- Kaur and Singh Coloring Sheet
- Connect-the-Dots Worksheet – Kaur
- Connect-the-Dots Worksheet – Singh
- Matching Worksheet
- Fill-in-the-Blank Worksheet

If you have any questions about these resources, please feel free to contact the Sikh Coalition at education@sikhcoalition.org.
**My First Sikh Books**

*by Parveen Kaur Dhillon*

**Teaching Guide for My First Singh Book & My First Kaur Book**

*available at www.Lohgarh.org*

---

Start off the lesson by asking the kids if they know what a SIKH is.
- Ask them if anybody knows how to spell it.
- They will try--be encouraging and then tell them the correct pronunciation (sik).
- Have them repeat after you.

**You can explain a little about Sikhs**
- Over 500 year old religion that originated in Punjab, India (show them on a globe/map)
- Men and some women wear turbans, they do not cut their hair.
- Every Sikh wears a stainless steel *kara*---show them your *kara* if you wear one.
- tell the kids to recognize the *kara* (spell it for them) in the books when you are reading.
- Sikhs believe in the same core universal values, like sharing, helping others and being kind
- If the school has a Sikh student, mention them and talk about their *patka* (small turban) or long hair.

Lets meet these two Sikhs--same age as some of you and see what they are up to

---

**My First Singh Book —** Read the book in full, then go over the individual pages and glossary words as needed.

**SINGH—(SING)—means LION**

- all the vocabulary words are defined in the glossary
- Go over each page with the kids. Encourage them to interact with the messages and ask questions/make comments about what they've read.

---

**Page 1**

A Singh is a Lion

What is a lion? The king of the jungle, part of a pride but they stand out bravest of the jungle.

- Students can discuss what makes a lion interesting

---

**Page 2**

Respect for your country and love for your roots are always important--and to balance these

- How do you show respect to your country?
- What country are you originally from?

---

**Page 3**

Working without expecting anything in return is called *Seva*. It is important to take care of the world around us.

- What do you do to help others?
- How can you help take care of the world?
Page 4
Respecting those older and younger than you
The power of a lion is in his **compassion**. Always help others, especially when they are sad or feeling alone.
- **Discuss how we can show others respect.**
- **Ask kids what they can do to help others who are in need.**

Page 5
With a **Kara** you know that a Sikh is there to help you and stand up for your rights!
- **How is the Kara there to help you?**
- **Discuss with kids how they can stand up for their rights.**

Page 6
“My hair is a natural part of my power and I am proud of it!”
Taking pride in our **appearance** matters.
Staying neat and clean, being neat from the outside, shows discipline and pride in who you are.
- For kids that wear uniforms **discuss the importance of keeping their shirts tucked in.**
- For all kids **discuss the importance of brushing your teeth, combing your hair, and how staying clean helps you feel good.**

Page 7
A Lion stands out because of it’s mane.
A Singh stands out because of his turban, which is called a **Patka**.
We should always be proud of who we are.
- **What is your strength?** • **What is your power?**

Page 8
A man will have many roles in life. Each role is different but each is important and should be honored.
- **Discuss the different types of roles a boy or man will have in their life. Why are each of these important?**
- **How can each role be honored?**

Page 9 & 10
“I know I can always be proud of myself as long as I am pure in my action and follow the path of equality and respect.”
• **The most important thing in life is to have a pure heart and follow the simple teachings in life such as treating people with equality, respect, and standing up for the weak.**
**My First Kaur Book** — Read the book in full. Then go over the individual pages and glossary words.

**KAUR—(CORE)—means PRINCESS**

- all the vocabulary words are defined in the glossary
- Go over each page with the kids. Encourage them to interact with the messages and ask questions/make comments about what they’ve read.

---

**Page 1**

I am a Kaur, a Princess I am—We are all Princesses.

What is a princess?

- Is a princess only beautiful on the outside?
- Is a princess only about wearing nice clothes and being fancy?
No! A princess is a warrior—somebody who is great from the inside and out.

- Discuss with kids about how and what makes a princess.

---

**Page 2**

“I have beautiful Long Braids, come and look at them.”

Taking pride in our appearance matters.

Staying neat and clean, being neat from the outside, shows discipline and pride in who you are.

- For kids that wear uniforms discuss the importance of keeping their shirts tucked in.
- For all kids discuss the importance of brushing your teeth, combing your hair, and how staying clean helps you feel good.

---

**Page 3**

A Kara is a stainless steel bracelet that ALL Sikhs wear to show a common identity but also to remind them to always have good actions.

- Discuss how she is recycling. Ask kids how many of them recycle. Why is it a good action to recycle?
- Discuss how a princess cares for her environment.
- Ask the kids what other kinds of good actions they could do?

---

**Page 4**

You must respect all people, even when they are on the other side. The power of a princess is in her compassion. Always help your friends, especially when they are sad or feeling alone.

- Discuss how we can show others respect.
- Ask kids what they can do to help others who are in need.

---

**Page 5**

Some might be better in speech, sports, school but at the core we are all equal and we all have something that makes each of us special.

- Discuss how we are all equal and what that means.

---

**Page 6**

As women we will have many roles in life. Each role is different but each is important and should be honored.

- Discuss the different types of roles a girl or woman will have in their life.
- Why are each of these important?
- How can each role be honored?
Page 7
Nobody can take away our strength, beauty, and power—we should always be proud of who we are.
- What do you notice about how these young girls look different (turban, braids, long hair)? What makes you different?

Page 8
Helping others without expecting anything in return is called Seva.
In this picture the Kaur is having a bake sale.
- What are things you do in school to help others?
- Discuss with the kids about fundraising.
- Why is fundraising important to the school and to the community?
- What types of ways can you help?
(Examples: Can food drive, Sacred Heart, E-Recycling, etc.)

Page 9 & 10
“I know I can always be proud of myself as long as I am pure in my action and follow the path of equality and respect.”
- The most important thing in life is to have a pure heart and follow the simple teachings in life such as treating people with equality, respect, and standing up for the weak.
My First Sikh Books  
Pre-Reading Lesson

Materials:  
My First Kaur Book  
My First Singh Book

Introduction:  
Introduce yourself, your name, and what you’re going to talk about today. Then say,  
“Before we begin, I want to ask you a question. What do a police officer, Superman, and a firefighter have in common?”

They should say something about how they all have a uniform, they are all supposed to help you, etc.

“That’s exactly right! A police man, Superman, and a firefighter all have a uniform. They wear a uniform so that you can recognize them, and you can spot them on the street. We’re going to talk about uniforms a little later, but I want you to remember that a uniform helps you stand out. What does a uniform do?” They should repeat, “It helps you stand out!”

“Who are the Sikhs? Today, we are going to learn a little bit about what a Sikh is. A Sikh is a person who believes in the religion Sikhism. Just like a Christian is a part of Christianity and a Muslim follows Islam. Sikhs believe in Sikhism.

The word Sikh actually means “a student” or “to learn”. This is because in Sikhism, you are always trying to learn more about your faith, and are always trying to be a better person.

Another thing that is special about Sikhs is that they always try to do is seva. Can you say that?” (They should say the word seva aloud.) “That’s right! Seva is self-less service. It’s when you do something nice for somebody else, without thinking about yourself. Now, I’m going to show you some pictures of Sikhs.”

Show the images in the Kaur book on the pages that say, “A daughter, a sister, a wife, a mother. Waheguru gave me these names, and I am like no other.” Point to the girl with long hair, the turbaned girl, the drawing of the man in the turban, and the patka. Now ask the class what they notice about these people. “What’s different about them?” They might respond that they have long hair, or they wear something on their head.

“That’s right! Sikhs keep their hair long. They don’t cut it. Sikh boys wear something called a patka and Sikh girls usually keep their hair in braids. Sikh men wear a turban
and some women wear turbans, too. So, why don’t Sikhs cut their hair? Sikhs don’t cut their hair because it is a part of their identity. It’s a part of their uniform! What did we say about uniforms earlier?” They might respond that uniforms help you stand out. “That’s right! And Sikhs call their uncut hair kesh.”

“Great job! Uniforms help someone stand out, and part of a Sikh’s uniform is to have long hair. Something else that Sikhs have is a kara. Can you say that?” (Give them time to say the word kara aloud.) “A kara is a steel bangle that Sikhs wear to remind them to be a good person. Two ways that you can spot a Sikh is that they keep their hair long, and by looking for their kara. I’m going to flip through the pages of the book, and I want you to raise your hand when you see a Sikh wearing a kara.” Show the class the pages slowly, and then call on 2 or 3 volunteers to come up and point to the page on the book where they can see the kara.

“Another thing about Sikhs is that we have special names. For girls, we have Kaur which means princess. For boys, we have Singh which means lion. Now, we’re going to play a game with these names. When I say, Singh, you’re going to say lion. When I say Kaur, you’re going to say princess.” Continue playing the game, and then change it up, by saying the word lion, and have the class say Singh. Vice versa for princess. Another variation is to have the girls in the room put their hands in the shape of a circle on their head, as if they’re wearing a crown when you say Kaur. For Singh, have the boys put their hands up to the sides of their face and tell them to roar like a lion.

**Conclusion:**
Thank the class for being such great listeners. Then tell them that you’re going to read them 2 books today. When you read a word like – Kaur, Singh, kara, Sikh, or seva – you’re going to stop to ask them what it means. Do a short review with the class on the meaning of these words before you start reading the books.
Glossary

The following words are translated from Punjabi, the traditional language of Sikhs worldwide

**Hukam** translates as “order” or “command” and it refers to “God’s Will”

**Ik Onkar** one God; one Creator

**Kara** a Sikh article of faith, this stainless steel bangle is worn by men and women on their dominant hand to remind them to always do good; also a symbol of equality

**Kaur** “princess”; all Sikh women use Kaur in their names

**Kesh** uncut hair, it is one of the five articles of the Sikh faith

**Khalsa** translates as “pure” and “sovereign”; baptized followers of the Sikh Faith

**Seva** volunteer work, selfless service; an essential part of the Sikh way of life

**Sikh** means “student” or “to learn”; these are the followers of Sikhism, the world’s 5th largest religion

**Singh** “lion”; all Sikh men use Singh in their names

**Waheguru** translates as “The Wonderful Teacher”; it is the primary Sikh name for God
My First Sikh Books

I am a Singh - So Brave and Strong

©Lohgarh Sikh Educational Foundation

My First Sikh Books

I am a Kaur, a Princess I am

©Lohgarh Sikh Educational Foundation
I have beautiful long braids

look at them!
I am just like a Lion

Standing out in a crowd.
My First Sikh Vocabulary

- Sikhs
- Kesh
- Kaur
- Singh
- Kara
- Seva
My First Sikh Books
Fill in the Blank

Directions: Fill in the blanks with the correct answers from the word bank above.

1. A __________ is a follower of Sikhism. This word means “student” or “to learn”.

2. Sikh girls and women use __________ in their names which means “princess”.

3. Sikhs wear a __________ which is a steel bangle that reminds them to always be a good person and do good things.

4. Sikhs boys and men use __________ in their names which means “lion”.

5. Sikhs do not cut their __________, and it is a part of their identity.

6. __________ means “selfless service” and is a part of a Sikh every day life.

Kara  Kaur
kesh  seva
Sikh  Singh