



Items/Activities	Do	Don't
Use Correct Language	<p>Please do use these words rather than analogies or terms from other religions:</p> <ul style="list-style-type: none"> ○ <i>Sikh</i> (learner) ○ <i>Guru</i> (teacher) ○ <i>Gurdwara</i> (Door to the teacher), sometimes known as the gurudwara. ○ Holy Scriptures (this focuses on the words in the <i>Guru Granth Sahib Ji</i>) ○ <i>Kirpan</i> – its origins is in the word <i>Kirpa</i>, which means blessing an-honour. To carry our acts of honour e.g. protecting the vulnerable ○ <i>Kara</i>- a steel band worn by members of the <i>khalsa</i> and many Sikh children as a mark of commitment ○ <i>Sangat</i> (worshippers) ○ <i>Amrit</i>- initiation ceremony into the <i>khalsa</i> (brotherhood of Sikhs, women are allowed to join) 	<p>Please do not call the <i>Gurudwara</i> a temple (even though it is called a Sikh Temple in literature/maps etc).</p> <p>Please do not call the <i>Guru Granth Sahib Ji</i> the holy book. It is the words within that are important and it is treated as a person.</p> <p>Please do not call the <i>Kirpan</i> a sword or dagger. It is not a weapon but an item of honour.</p> <p>Please do not refer to the <i>kara</i> as a bracelet or bangle. This suggests it is just decorative.</p> <p>Please do not refer to the <i>sangat</i> as the congregation. The <i>sangat</i> is active in all decisions made.</p> <p>Please do not refer to the <i>amrit</i> ceremony as 'Sikh baptism'.</p>
Using Artefacts	<p>Please display artefacts in a clean place (place on a clean piece of fabric).</p> <p>Please label and explain what the artefacts represent e.g. kirpan, kara, etc.</p>	<p>Please do not place artefacts on the floor.</p> <p>Please do not put the scriptures in any form on a book shelf, amongst other books (the words contained are given the utmost importance).</p>
Play/Story telling	<p>Do act out the stories. Narrate the actions of the Guru (use 'The Guru'/'They') or use a picture of the Guru whilst storytelling.</p>	<p>Please do not have anyone represent/act as the Guru during role play or storytelling.</p>
Visiting the Gurdwara	<p>Please wear a head covering (both boys and girls). <i>Rumals</i> (coverings) are available. Bandanas are acceptable. Modesty</p>	<p>Please do not wear hats /hoodies/baseball caps. (History-hats were placed on heads of Sikhs after their scalps were removed)</p>



Sikhism: Do and Don't



<p><i>Gurudwara</i> = door to the teacher</p> <p>Hygiene is an important principle of the Sikh faith, especially applicable when visiting the gurdwara.</p>	<p>is important so please choose clothes thoughtfully when visiting.</p> <p>Please remove shoes so that floor is kept clean and you show respect.</p> <p>Visitors to the prayer hall are asked to pay respect to the <i>Guru Granth Sahib</i> by bowing and avoiding pointing feet in that direction whilst sitting.</p> <p>Always wash your hands on entry and before partaking in any food (either <i>karah prashad</i> or <i>Langhar</i>).</p> <p>You are welcome to partake in <i>Langhar</i> (the free meals <i>gurdwaras</i> offer to anyone). The food is blessed and the expectation is you go away and do something good. Please be aware of nut and food allergies and inform those serving the food.</p>	<p>Please only accept <i>karah prashad</i> if you are prepared to eat it. It is disrespectful to take it and discard it.</p> <p>Please do not waste food. Ask for less if you wish to taste. The meal is vegetarian.</p> <p>Please do not touch any of the kitchen utensils in the <i>Langhar</i> Hall without washing your hands. If you need to get something from the serving area and you are midway through your meal, wash your hands again before taking something e.g. drink or spoon.</p>
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