

The 5ks Activity sheet Guidance

Aim: To explore the 5ks as a sign of belonging by comparing them to their school uniform

School uniform is a sign of belonging to a community. The uniform probably has a badge reflecting school values and helps everyone to know that the children are part of the school.

The 5 Ks are also a sign of belonging. Sikhs who have joined the Khalsa by taking Amrit will wear the 5Ks. Not all Sikhs wear all 5 items, but a Khalsa Sikh will. These items identify them as part of a group that stands up for others. They are a sign that the person wearing them can be called on to help.

- Talk about how useful uniforms are
 - They help us to identify people
 - We can easily spot those who will help us
 - They make us all the same
 - They protect our nice clothes etc
- Get the children to identify the different parts of their uniform
 - E.g., Jumper colour, school badge, skirt or trouser colour and style, shoe colour, book bag
- Explain that their uniform shows they are part of the school community
 - They all look the same, showing that they are all equally important
 - It helps people to know which school they go to
 - If they lose their book bag, people know where to return it!
 - The badge tells us about school values etc
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- Introduce the 5Ks - show the artefacts, teach their names, and let the children respectfully touch the items
- Talk about what they remind a Sikh of
- The children can then fill out the accompanying worksheet.
- On one side they can draw each K or, if able, write a simple sentence about it
- On the other side they can do the same for the aspects of their school uniform