



**IK ONKAAR**



**The Sikh Religious Award**

**Study Work Book**

**For**

**Grades (1-3) Youth**

**American Sikh Council**

**Formerly known as, World Sikh Council - America Region**

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***The  
American Sikh Council  
Sikh Religious Award Book***

*By*

*Jasbir Kaur, Kirpal Singh and Kavneet Singh*

***For  
Any Sikh Youth  
Who  
In his/her  
Chardi Kalaa  
(The Perpetual Spirit of Ascendency)***

***Aspires to be  
a  
Citizen of the World  
Wishing***

***Sarbat Daa Bhalaa  
(Prosperity of All)***

## Acknowledgements

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**Note:** All the photographs used here have been used from the internet. Any copyright belongs to the owner of the photograph(s). This workbook is being solely used for educational and non-profit purposes.

## **How to use the book – A few guidelines**

Please help your young ones to understand and memorize the 'Sikh Way of Life' by:

1. Explaining to them the Sikh concepts.
2. The child can sing the couplets with the parent, cub leader, assistant cub leader, den leader or counselor.
3. The child will do a fill in the blanks activity with the help of the parent, cub leader, assistant cub leader or counselor.
4. Providing them with actual experience of regularly visiting the Gurdwara Sahib (Sikh House of Prayer), and encouraging them to serve in the Langar.
5. Inspiring them to learn Gurbani, the Guru's Word and singing Kirtan.
6. Helping them to learn the concept of seva (selfless service) - serving others without expecting any rewards.
7. Pictures of various 'Articles of Faith' can be drawn by the child.
8. Pictures can be found on the internet or in various magazines.
9. Video clips of Sikh children doing various activities, at the Gurdwaras and the Guru Granth Sahib can be shown through interactive discussion followed with questions and answers.
10. Sketches of different pictures can be given and the child can color them.
11. After completion of the student workbook including any additional materials the child must show and discuss with the 'counselor' in order to be signed and approved.

## Introduction

We are **Sikhs**.

The Students of the Sikh Way of Life,

Shown by

**Guru Nanak Sahib** and the succeeding nine Guru Sahibs.

As per Sikh Teachings; we believe in;

### **ONE God**

The Supreme Truth, the Creator, Omnipresent,

Without fear, without enmity,

A Timeless Reality, beyond birth or death

Self-existent.

and

Known by the Guru's Grace.

Which means that;

- Besides ONE God there is no one else equal to Him. And,
- He is 'The ONE' common Parent of us all humans. No matter, whether anyone amongst us is; a Sikh, a Christian, a Muslim, a Buddhist, a Baha'i, a person of some other faith, or of no faith at all.
- He is present everywhere; everywhere means everywhere.
- He is not afraid of anybody; therefore being His children, nor should we.
- He loves everyone; therefore so should we.

Thus with that in mind, our objective in life is;

- To learn to find and meet 'The ONE' right in our life.

The Three Pillars of the 'Sikh Way of life' to find and meet 'The ONE' is to do the following;

1. **KIRAT KARO:** Earn our living through honest means.
2. **WAND CHHAKO:** Share with others, the fruits of our labor through 'sewa'-selfless service to humanity.
3. **NAAM JAPO:** (Meditate on God's Name), to develop consciousness of His presence in every heart and to develop God like qualities through His remembrance.

Thus guided by the above Pillars of Sikh Way of life, we practice the following social qualities;

1. With full sincerity believe in the **brother/sisterhood of all mankind** irrespective of their superficial visible marks of distinction like color, race, gender, religion, creed or national origin, etc.
2. Believe in **equality** of all human beings, women as well as men.
3. Recognize the, "**Right of freedom to practice religion**" of every human being and therefore not to attempt conversion through any kind of force, deceit or allurement.
4. Recognize the, "**Right to self-defense and the right to bear arms**" for every human being.

Furthermore, to develop the necessary discipline to live as per the discipline advocated by the Sikh Guru Sahibs. We wear the following '**articles of faith**' on our body as a constant reminder of the Guru Sahib's commandment and instructions;

The **five Articles of Faith** for a Sikh:

1. **KESH** (uncut hair); covered with a turban/chunni (scarf) to be distinguished so one is approachable.
2. **KARHAA** (steel bracelet) to be openly bonded with goodness.
3. **KACHHRAA** (a pair of breeches) to stay disciplined.
4. **KANGHAA** (comb) to keep hair neat and tidy.
5. **KIRPAN** (a small sword) to stay mindful of the responsibility to help the weak.

Thus as we grow, we continue on our journey in the Spirit of Chardi Kala (of Perpetual Ascendancy), and strive to become a well-wishing Citizen of the World. Therefore every time we pray, we request the Supreme Master for;

**‘Sarbat Daa Bhalaa’,.....** that is (Prosperity of All).

Our beliefs and traditions were given to us by our, **Ten Gurus** (Enlightened Teachers), and are written down in the sacred Sikh scripture called the **‘Sri Guru Granth Sahib’ (SGGS)**.

Our House of Prayer is called **‘Gurdwara Sahib’** and are open to all; rich or poor, male or female, of any color; and persons of any faith or no faith at all. Everyone is welcomed.

Thus when you attend the Khalsa School, pray at the Gurdwara Sahib, or serve or co-dine in the Gurdwara Sahib Langar (the free community kitchen), you will learn more about the Gurus, SGGS, Sikh history, and Sikh beliefs in action.

A Sikh is a Singh and so am I,  
Being brave and strong, do things right, I try.

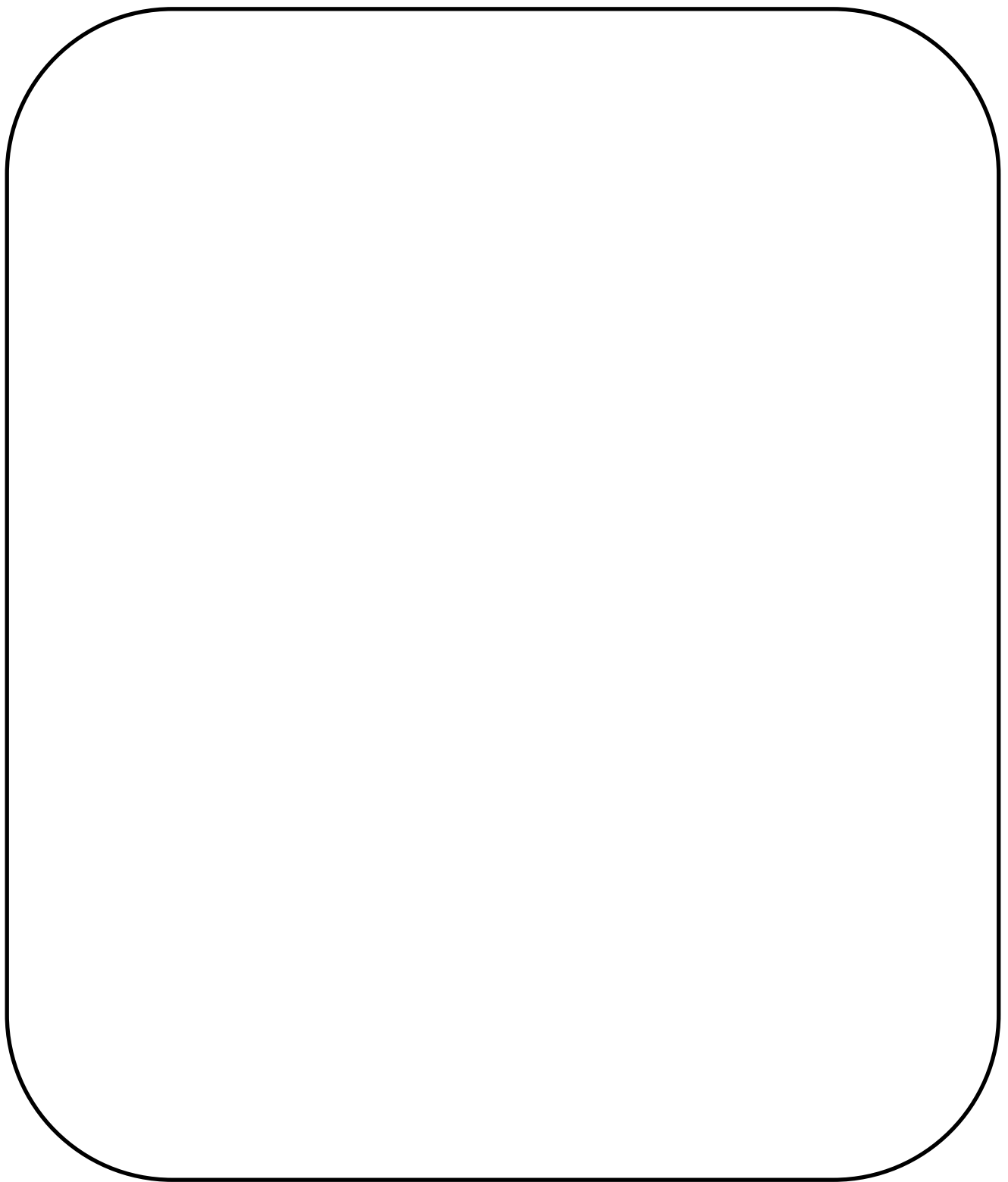


A Sikh Boy at a July 4, Parade



A Sikh Boy at his School

“Do you remember the word **KESH**, as one of the Articles of Faith. The pictures show both boys wearing a small turban called a patka. It is worn by young boys to cover and protect his uncut hair”.



["In the space above draw a picture of a Sikh youth wearing a patka and discuss picture and how this 'article of faith' relates to your daily life."]

I love to do sewa (selfless service) and I work hard,  
Try to be the best wherever and whatever I do.



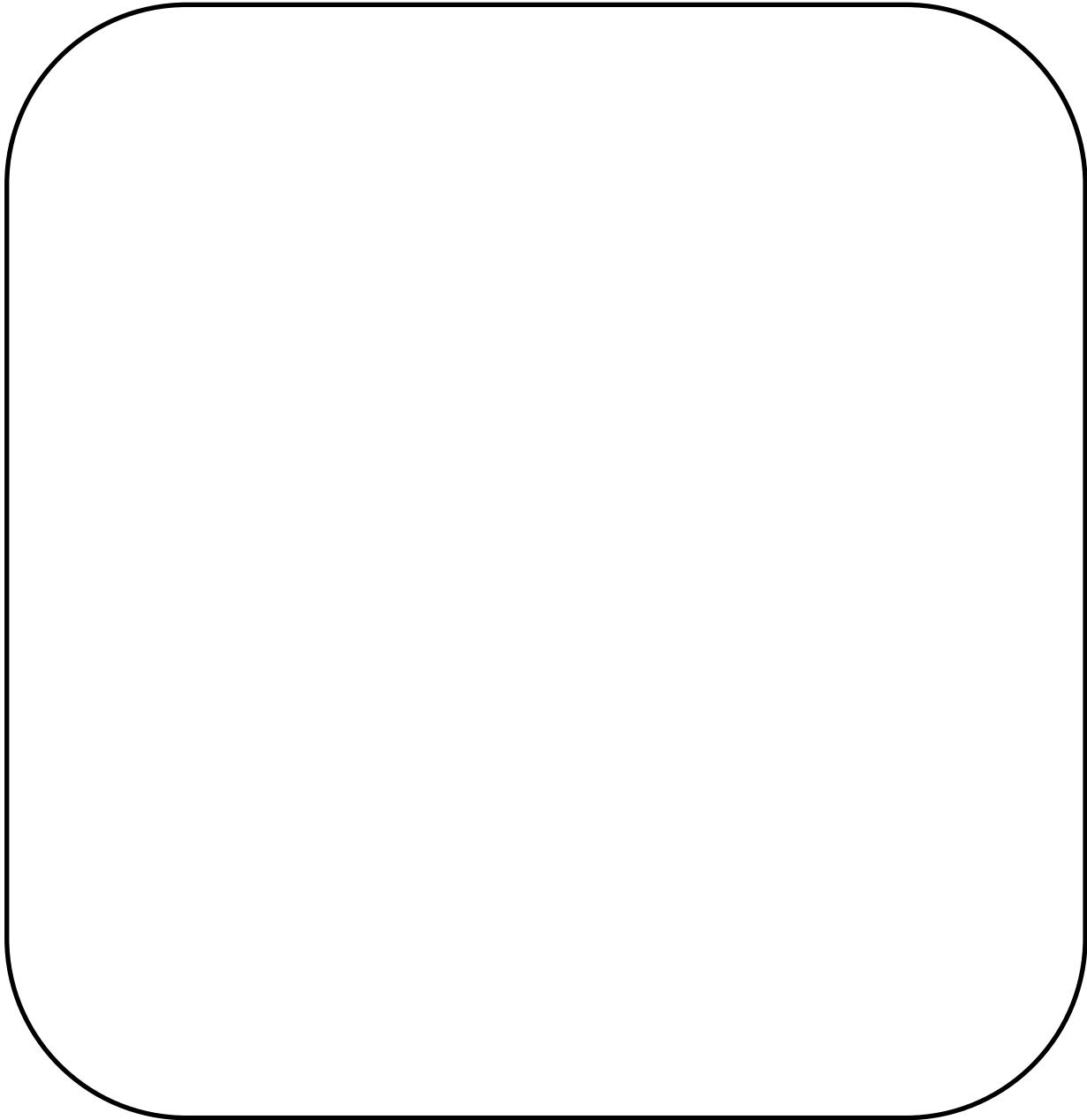
A young Sikh Girl volunteering at the Langar (Community Kitchen) in the Gurdwara



Young Sikh Boys volunteering at the Langar to prepare bread at the Gurdwara

[Participate in langar and learn how it is prepared and served to everyone]

If someone needs help,  
I happily offer myself.



[“Find a picture in a newspaper or magazine or draw a picture of someone doing sewa (selfless service) of any kind. Put it in the space above.” Then discuss how ‘sewa’ one of the three pillars of the Sikh Faith applies to your daily life]

Oh! As a Sikh I wear my Kara!  
Do you know why? Would you see?



A '**Kara**' is an 'article of faith' made of iron/steel a bracelet worn by every Sikh to symbolize unity to the Almighty Creator and reminder of doing good deeds daily.

A large, empty rounded rectangular box with a black border, intended for a drawing and discussion of the Kara.

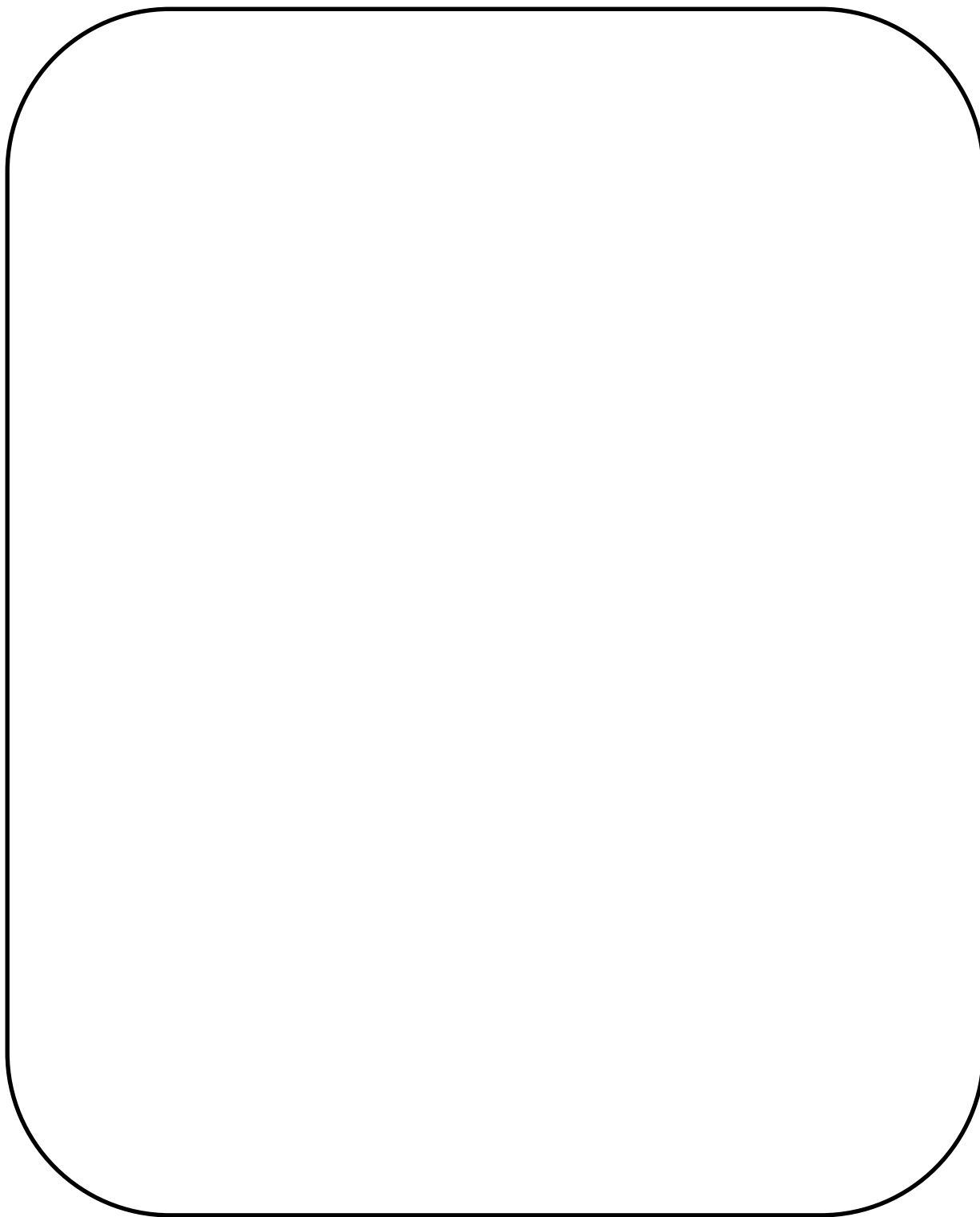
[In the space above draw a Kara and discuss why and what it means to you in your daily life]

I have been blessed with beautiful Kesh,  
It is a complete gift from Guru Dashmesh.



A three year old Sikh Boy

The boy with **long** hair has tied a **topknot** on his head, called a 'joora'. **Some young boys cover their hair with small clean white scarf (as above), some cover their hair with a patka and others with a turban as they progress in age. Girls typically have their hair tied in a braided plait at the back of the head or tied in a bun. Girls cover their hair with a 'chuni' or a 'turban' called 'keski'.**



[In the space above draw a Sikh with a patka and discuss when you started tying a patka and what it means to you]

As Singhs are like Lions and stand out,  
You can easily recognize me in a crowd.

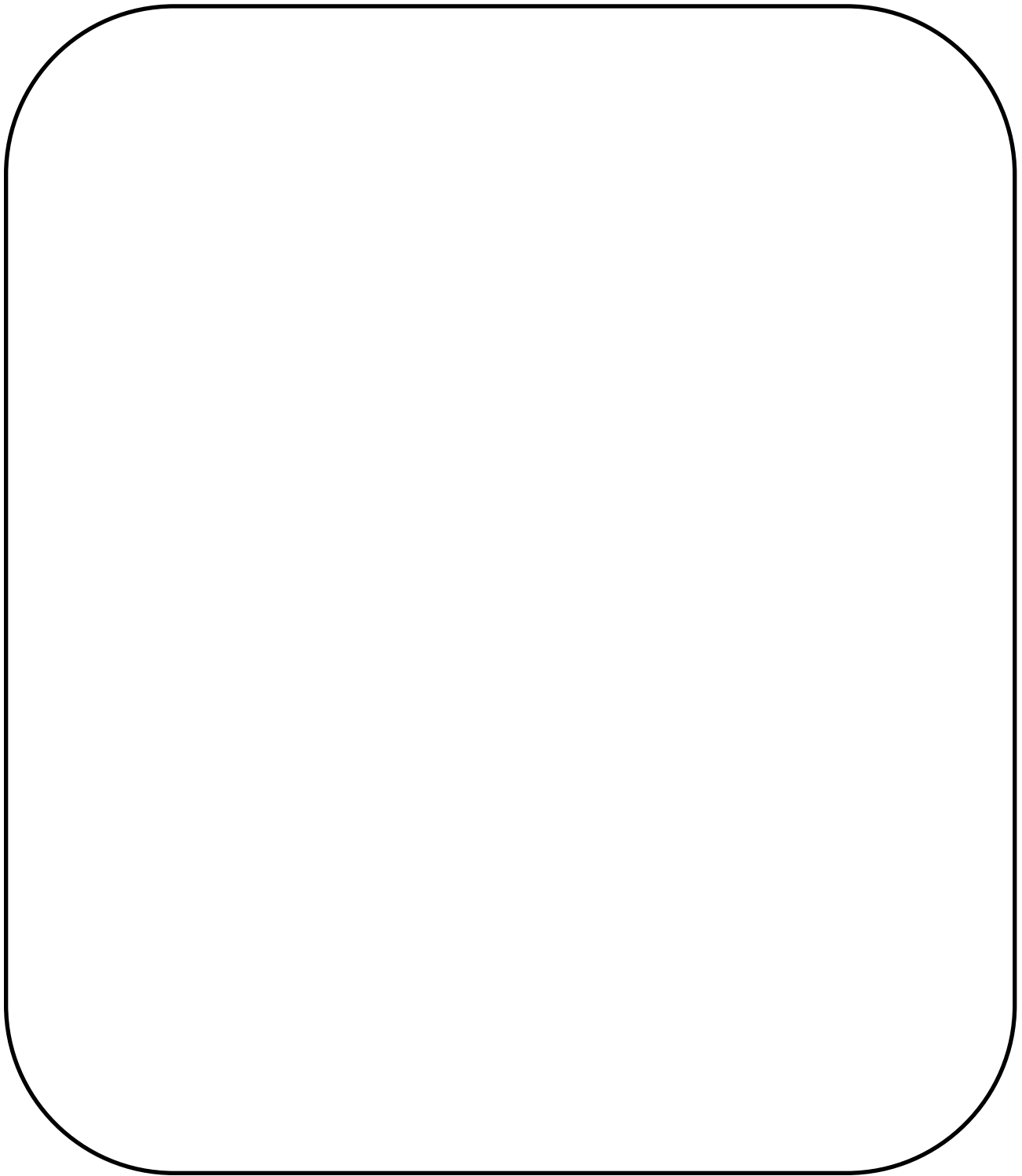


A four year old Sikh Boy

The boy in picture has a yellow turban tied around his head. **For Sikhs there are different styles of turbans and many colors.** Colors have no meaning but the most popular colors historically have been blue and yellow.

**Note:** The Sikh religious flag is known as the 'Nishaan Sahib' which is also historically yellow and blue in color and not orange. [Draw and color the flag below]





[In the space above draw a boy or girl with a turban with your favorite color.  
Discuss why you wear a turban and what it means to you.]

I am getting ready to be a great,  
As a son, brother, husband and father.



An American Sikh Cub Scout with his Father at an outdoor Den meeting in California

For a Sikh covering the **uncut hair** with a turban (big or small) is a commandment by our Guru. The ‘turban’ signifies upholding the commitment to one’s Faith, to righteousness, to be distinctive just like a policeman or soldier in order to help others in need.

[Discuss the above activity with your parent or counselor and how your distinctive uniform affects the ‘Sikh way of life’].

I will also be a great human being,  
As I will the Khalsa pure and free.



[Discuss with parent or counselor how you can be a great human being  
using the 'Sikh way of life'].

And I will be under the 'Hukam' (command),  
Of the only Supreme Almighty One (ੴ).



Sikh Boys at the Darbar Sahib, Amritsar, Punjab, South Asia

The holiest house of prayer for Sikhs is the Darbar Sahib also known as Harmandir Sahib. It is located in the heart of Amritsar, Punjab, South Asia. The inner sanctum is plated with gold leaf on the outside of the building, which is over 400 years old, completed in 1604. Hymns are continuously sung from the Guru Granth Sahib from within the Darbar Sahib. Ten of thousands of Sikhs and people of other Faiths eat in the langar (free community kitchen), daily at the Darbar Sahib.

[Discuss with parent or counselor how you can stay in 'Hukam' through the Sikh way of life].

In the love of the whole Humanity I pray,  
I will be serving, loving, uplifting them all, through each day.



Young Sikh Boys in Prayer

The boys are **praying** to the Almighty Creator – the ONE God.

Sikhs consider any day, any time and any space to be okay to pray. A Sikh does not bow, pray or worship to any idol, picture or deity. A Sikh only bows to the teachings in the ‘Sikh Scripture’, the Guru Granth Sahib and prays to the Almighty Creator and none else.

[Discuss with parent or counselor how prayer helps you through the ‘Sikh way of life’]

## Sikh Emblems and Medallions



## Instructions:

### How to use

### The Workbook for the Scout

1. The Scout is expected to read a chapter a week and do the activity while discussing with the parent, Cub Leader, Assistant Cub Leader, or Den leader.
2. The time frame to comfortably finish the book is about 9 weeks. There is no specific time of completion.
3. Once all the activities are complete the Scout must have a Board of Review. This requires the Counselor, along with one or two other adults from the Gurdwara to ask questions of the relevance of what he/she has learnt and how it applies to their daily lives as a Scout and/or a Sikh.
4. Once the Board of Review is complete, the parent and then the counselor sign off in the 'workbook'.
5. The parent or counselor can get in contact with American Sikh Council (ASC) [sikhscoutsusa@gmail.com](mailto:sikhscoutsusa@gmail.com) [contact@americansikhcouncil.org](mailto:contact@americansikhcouncil.org) and send in a copy of the certification and application pages so that WSC-AR can mail in the 'Sikh Award Medallion' with a 'Certificate'.
6. The Scout will be presented the 'Sikh Award Medallion' with the 'Certificate' at the Gurdwara by getting the Cubs and Adult Leaders from his Den to join the sangat (congregation) and be honored in everyone's presence.

Instructions:  
Counselor's requirements  
and  
responsibilities

- The Counselor **must** have Boy Scouts of America (BSA) Youth Protection Training certification (a simple 30 minutes online test) and follow the same guidelines.  
<https://myscouting.scouting.org/layouts/MyScouting/login.aspx?ReturnUrl=%2flayouts%2fAuthenticate.aspx%3fSource%3d%252f&Source=%2f>
- The Counselor **must** be a Saabat Surat (with uncut hair) Sikh and must believe and abide by the Sikh Rehait Maryada (Sikh Rules of Moral Conduct - <http://sgpc.net/Sikh%20Reht%20Maryada%28Eng%291.pdf> )
- The Counselor must have the maturity to understand the level of the child (Scout) and be able to relate appropriately.
- The Counselor should have enough knowledge that he/she is able to communicate, either speak or listen patiently to the child (Scout) while guiding him through the 'workbook'.
- The Counselor should be sensitive to the child (Scout) because each one comes from a different background with varying levels of observance to Sikh Rehait Maryada.
- The Counselor must not be disparaging towards the Scout and be respectful even if the Scout's views may differ.
- Once all the activities are complete the Scout must have a Board of Review which requires the Counselor along with one or two other adults from the Gurdwara to ask what the Scout has learnt (15-30 minutes) from the workbook and how it applies to his/her daily life as a Scout.
- The parent or counselor can get in contact with American Sikh Council (ASC) [sikhscoutsusa@gmail.com](mailto:sikhscoutsusa@gmail.com) [contact@americansikhcouncil.org](mailto:contact@americansikhcouncil.org) and send in a copy of the 'certification and Sikh Religious Award application pages' so that ASC can mail in the 'Sikh Award Medallion' with a 'Certificate' which should be presented to the Scout in the presence of the Cubs from the Den and sangat (congregation) at the Gurdwara by any of the responsible Gurdwara Trustee or Committee members.
- **If a counselor is not available please get in touch with the American Sikh Council (ASC) and we will arrange for one.**

## Sikh Religious Award Workbook Grades 1-3

### Certification

Scout Name: \_\_\_\_\_

Pack/Den: \_\_\_\_\_

Council: \_\_\_\_\_

Date Applied: \_\_\_\_\_

Scout's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Counselor's Name: \_\_\_\_\_

Counselor's Address \_\_\_\_\_

\_\_\_\_\_

Counselor's Tel: \_\_\_\_\_

Counselor's Email: \_\_\_\_\_

## Sikh Award Application Form

Submit one application per order

**Shipping Address:** Allow 2-3 weeks for delivery

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Day Contact\_\_\_\_\_ Email\_\_\_\_\_

### **Candidate Information:**

Name\_\_\_\_\_ Grade\_\_\_\_\_

Home Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Gurdwara Associated\_\_\_\_\_

### **Gurdwara Information:**

Name of Gurdwara\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Counselor's Name:\_\_\_\_\_ Tel\_\_\_\_\_

Counselor's Email:\_\_\_\_\_

**Certificate of Eligibility by Counselor:** I certify that the candidate has successfully completed the requirements of the program and presented his/her work for final approval.

Signature\_\_\_\_\_ Date\_\_\_\_\_