

Guru Nanak

Sikhism began in the Punjab at a time of great intolerance. Guru Nanak was the first Guru and founder of the Sikh religion. He was born a Hindu and influenced by the Islamic Sufi sect. A study of both these religions showed Guru Nanak that they had much in common, but he was also aware of the deep conflicts between them. Guru Nanak believed that God could be found everywhere and in every human being. Sikhism teaches the oneness of God and the importance of equality, particularly at a time when women were not considered equal. Sikhs have a number of holy festivals known as Gurpurbs.



- 1 Sit down with the children and show them the series of pictures overleaf. You may wish to lay the sheets out either on a table or the floor, and then read the story.
- 2 Ask the children the following questions and discuss them:-
Which picture did you like?
Which parts of the story did you like or dislike, and why?
- 3 Discuss why the children think water can be dangerous?
- 4 Ask the children what they do to celebrate their birthday? You will find lots of birthday printable activities within our Birthday Parties section on iChild.
- 5 You will also find a colouring in sheet of Guru Nanak on iChild.

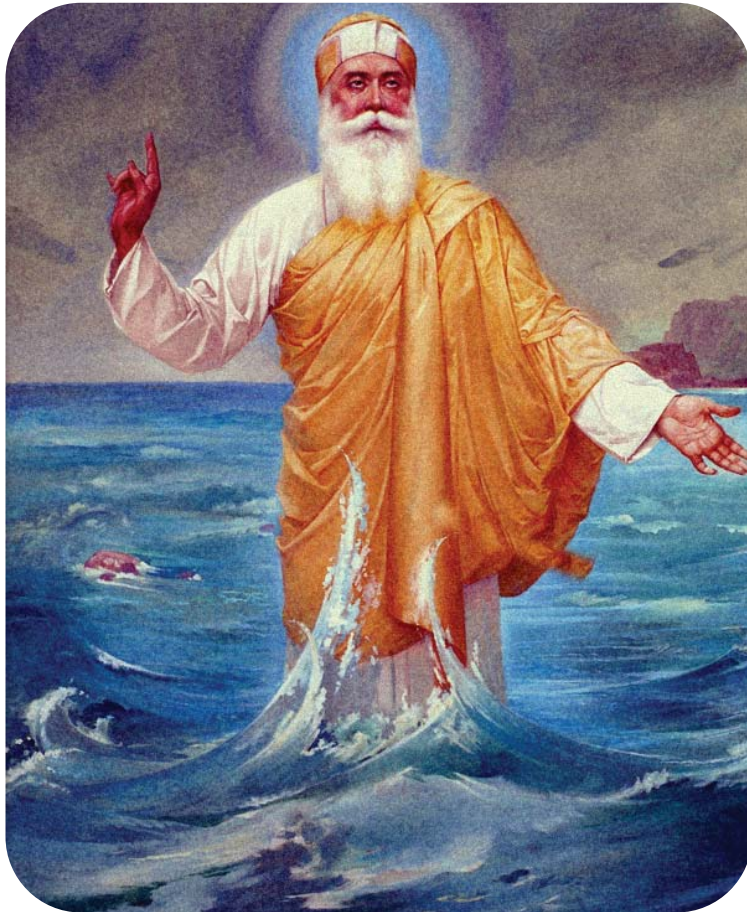
The Story of Guru Nanak



Guru Nanak lived in India and had many friends, some followed the Hindu faith and some the Muslim faith.



He thought a lot about religion and faith in God. One day he disappeared while swimming in the river, all his friends were upset as they thought he had drowned.



Three days later Nanak returned. He said that worshipping God was important and not to be concerned about all the differences in faiths.



Nanak became a great teacher (Guru) and is always pictured with a glowing face, symbolising he had been in the presence of God.