

# Multicultural Week – Sikhism The Five K` s

BY CLASS 5



# The Five K's

Every man and woman who belongs to the *Khalsa* must wear five symbols which show that they are Sikhs.

They are usually called the Five K's because in Punjabi their names all begin with the letter 'K'. Aishah

# (1) Kesh

- Kesh is hair. Sikhs promise not to cut their hair but let it grow as a symbol of their faith. Because during their lifetimes it will get very long they wear turbans to keep it tidy.
- They believe that this demonstrates their obedience to God.  
Keanen



A Sikh wearing a Turban

## (2) Kangha

- The Kangha is a small wooden comb. It keeps the hair fixed in place, and is a symbol of cleanliness. Combing their hair reminds Sikhs that their lives should be tidy and organised.  
Phoebe



The Kangha

## (3) The Kara

- The kara is a steel bangle worn on the arm. It is a closed circle with no beginning and no end...as with God there is no beginning and no end.
- It is a reminder to behave well, keep faith and restrain from wrong doing. Wearing it will remind a sikh of his duties. Sen



The Kara

**The Last two are a reminder that  
Sikhs are warriors and always fight  
for what is right! Muneeb**

The last two K's are:

- 1. The Kachera**
- 2. The Kirpan**

## (4) The Kachera

- These are short trousers worn as underwear. They were more practical than the long, loose clothes most people in India wore at the time of Guru Gobind Singh.
- The Guru said they were a symbol that Sikhs were leaving old ideas behind, following new better ones. Kai



**The Kachera**

## (5) The Kirpan

- The warriors sword. These days a very tiny one is worn as a symbol of dignity and self respect.
- It demonstrates power and reminds sikhs that they must fight a spiritual battle, defend the weak and oppressed, and uphold the truth. Johb



The Kirpan



# What we have learnt about the Sikh Faith?



# Work Independently



# We can make traditional Sikh Food



Multicultural Week was great fun!!!



We have used ICT to find information



# We know all about traditional Sikh percussion instruments



Most importantly we have learnt  
that we are all different but very  
special.....

