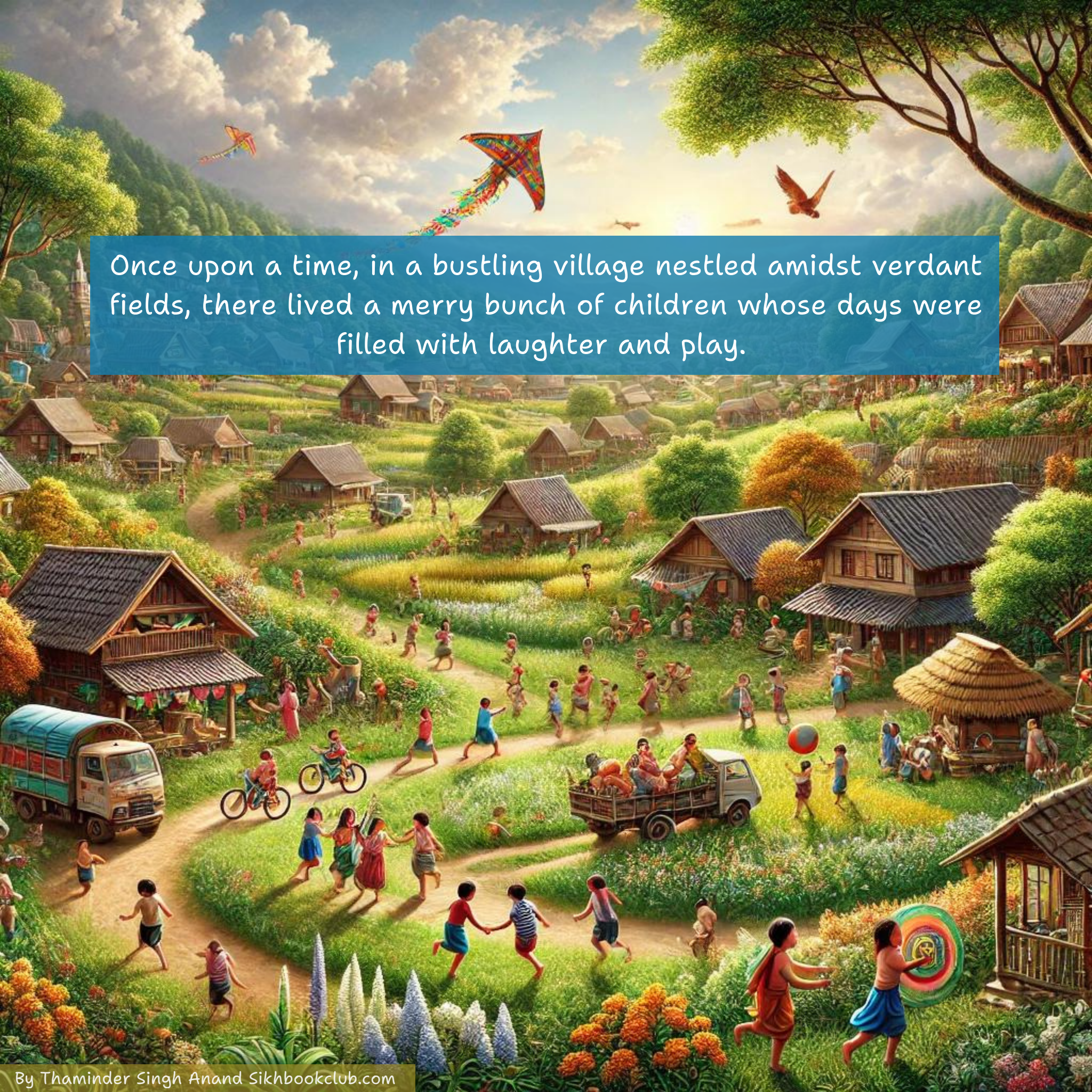


A Fun *with* Suds





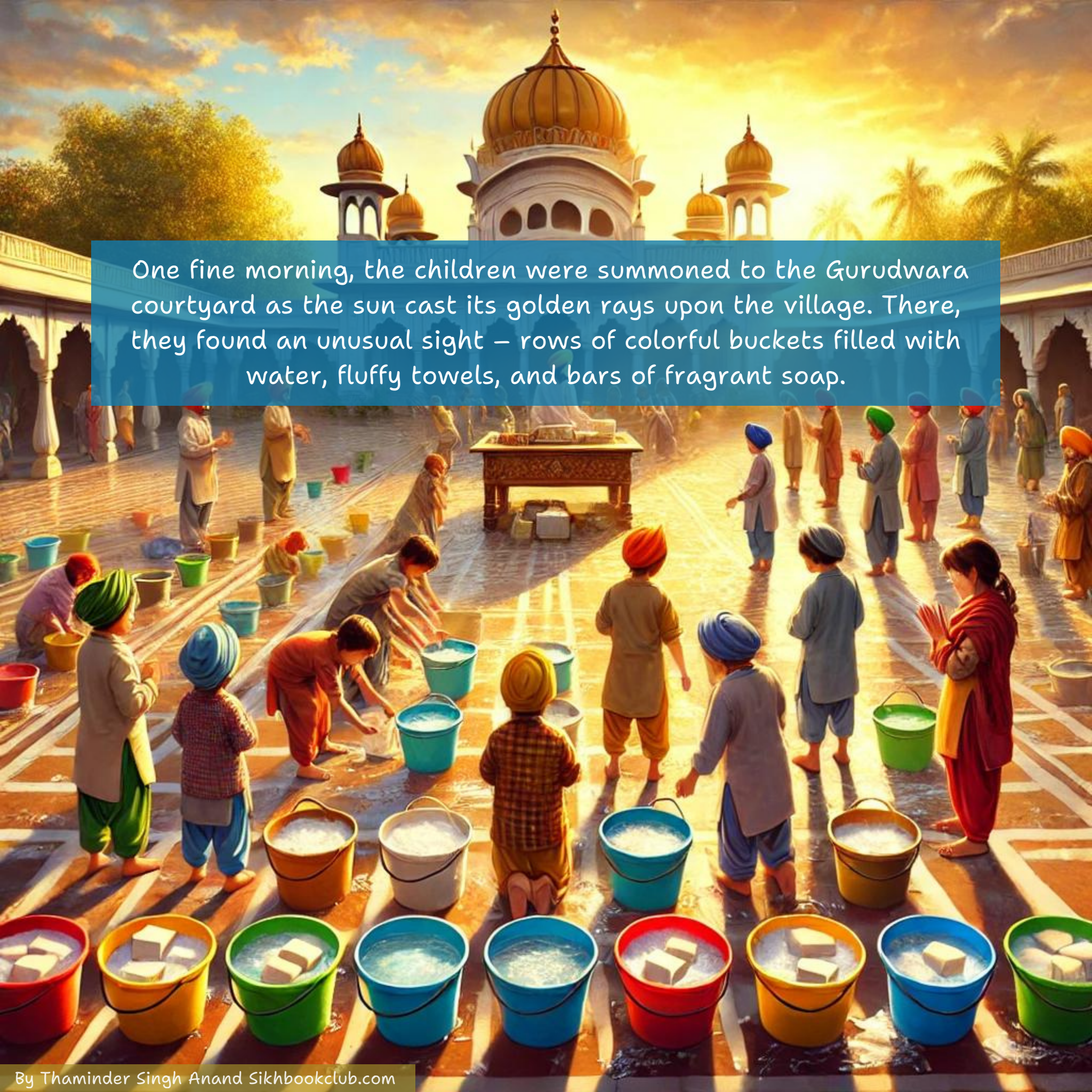
Once upon a time, in a bustling village nestled amidst verdant fields, there lived a merry bunch of children whose days were filled with laughter and play.

Yet, amidst their joyous antics, one crucial lesson often eluded them – the importance of cleanliness. Their parents, recognizing the need for a fun and enlightening lesson, devised a plan to instill in them the significance of hygiene, and so began the tale of Suds and Serenity.





In the heart of the village stood a humble Gurudwara, where the villagers gathered daily to pray and seek solace.

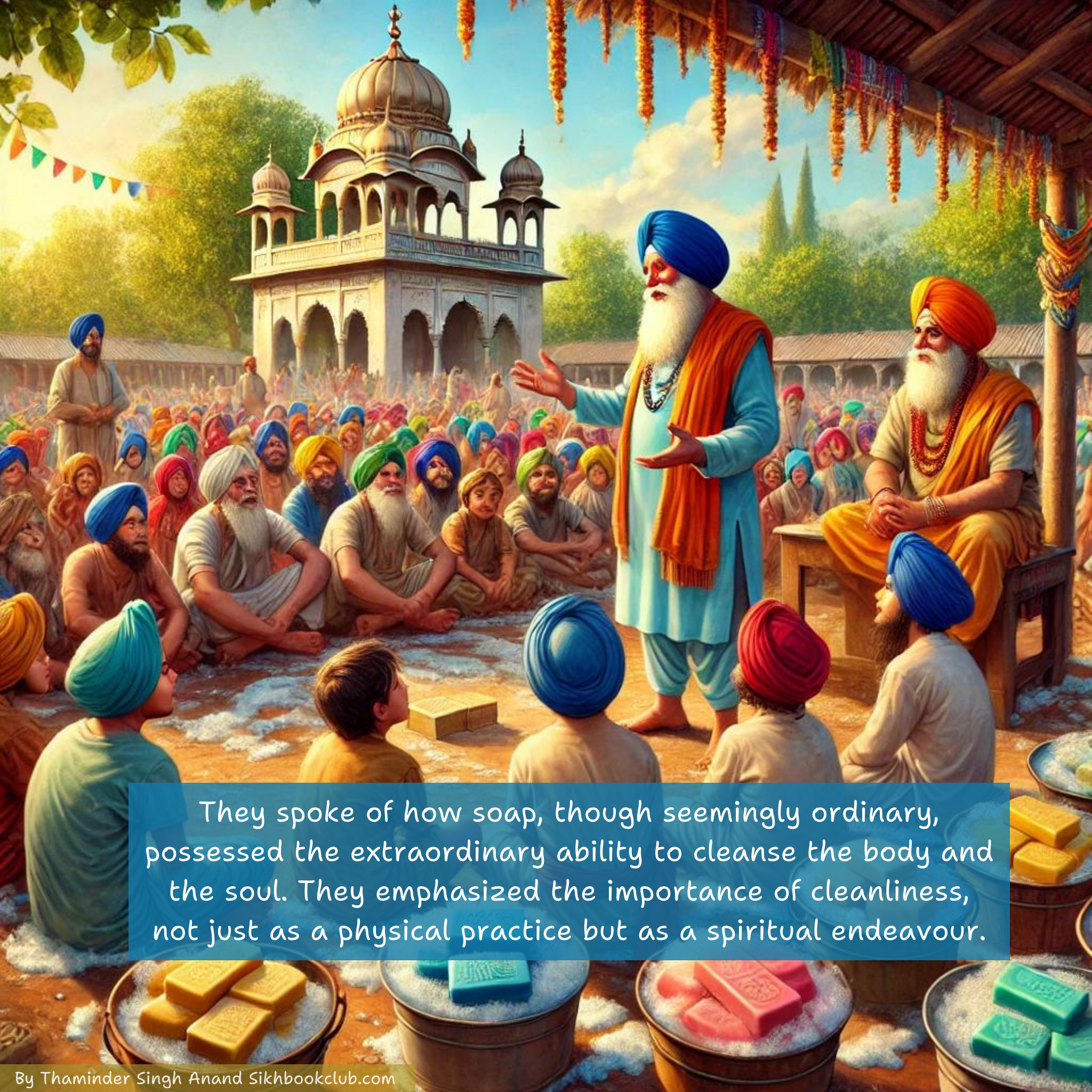


One fine morning, the children were summoned to the Gurudwara courtyard as the sun cast its golden rays upon the village. There, they found an unusual sight – rows of colorful buckets filled with water, fluffy towels, and bars of fragrant soap.

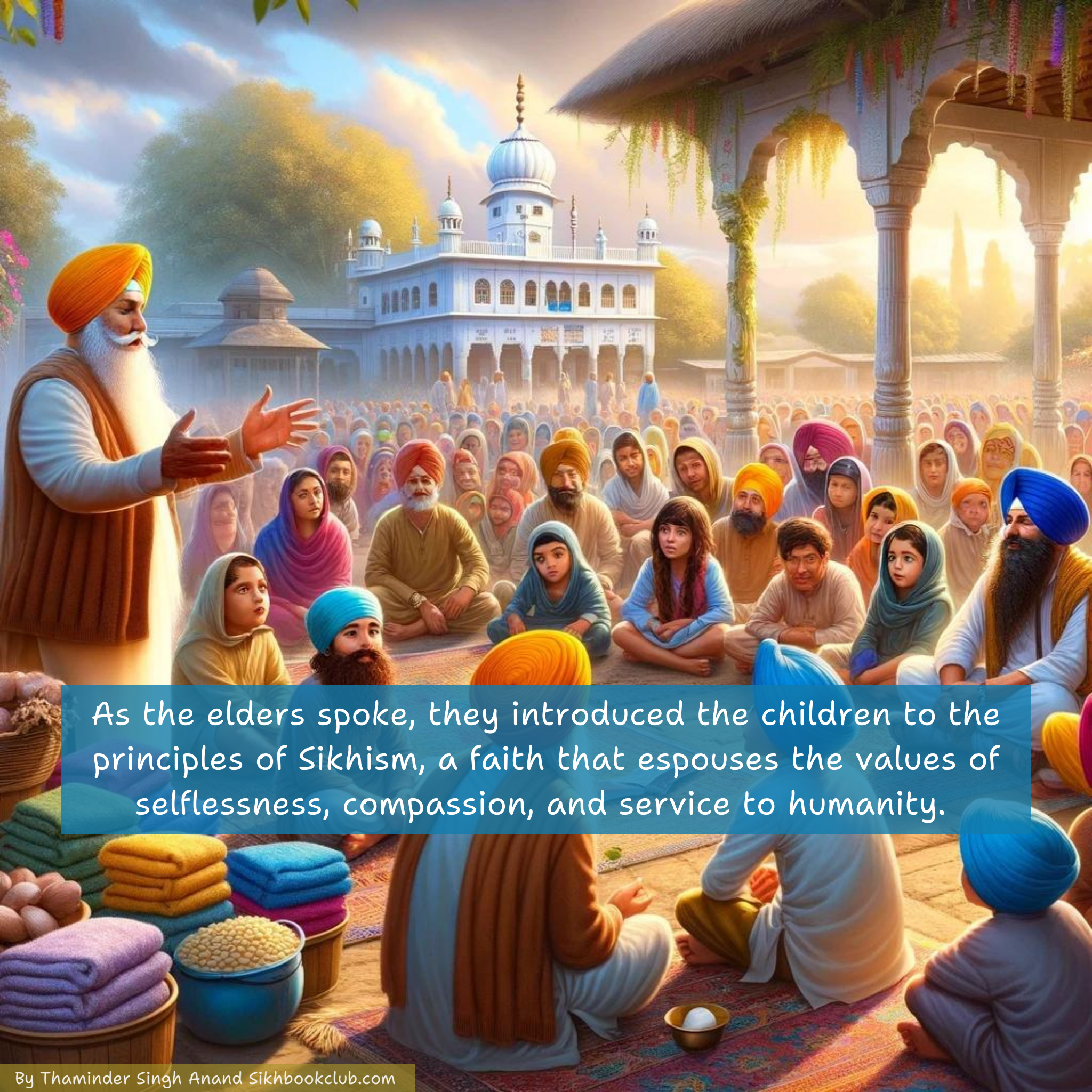


Curiosity piqued, the children gathered around as the village elders began to weave a tale of the mystical power of soap.

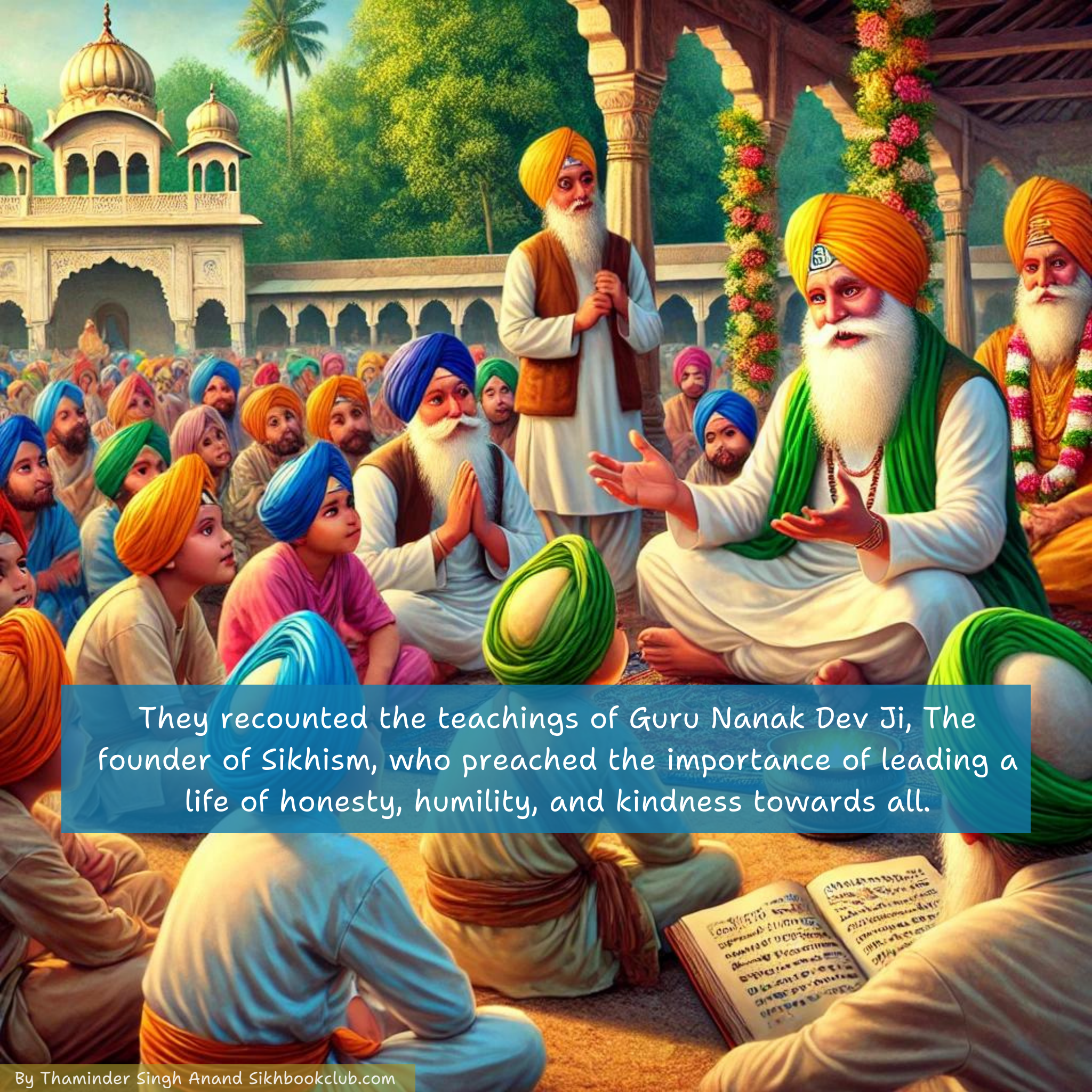




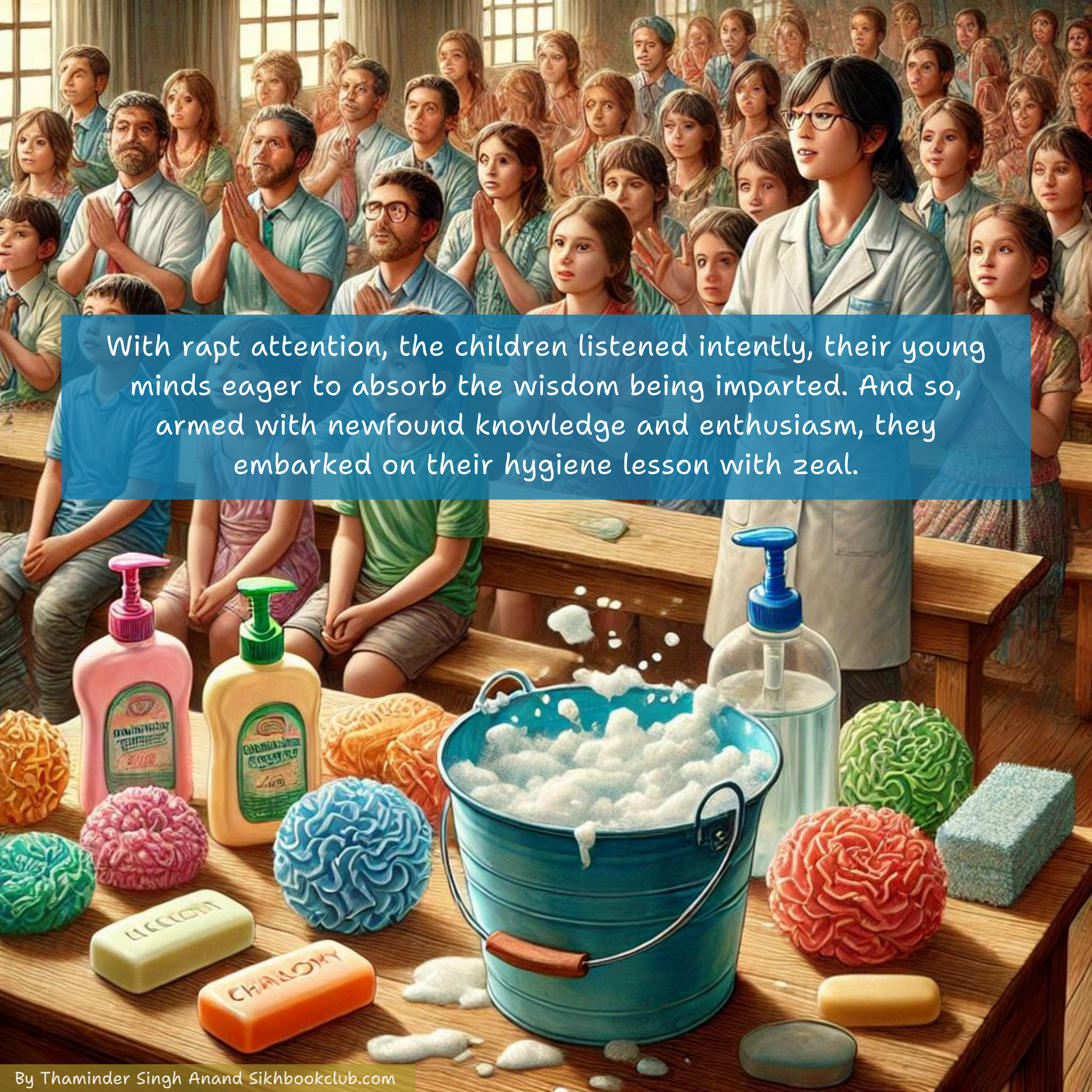
They spoke of how soap, though seemingly ordinary, possessed the extraordinary ability to cleanse the body and the soul. They emphasized the importance of cleanliness, not just as a physical practice but as a spiritual endeavour.



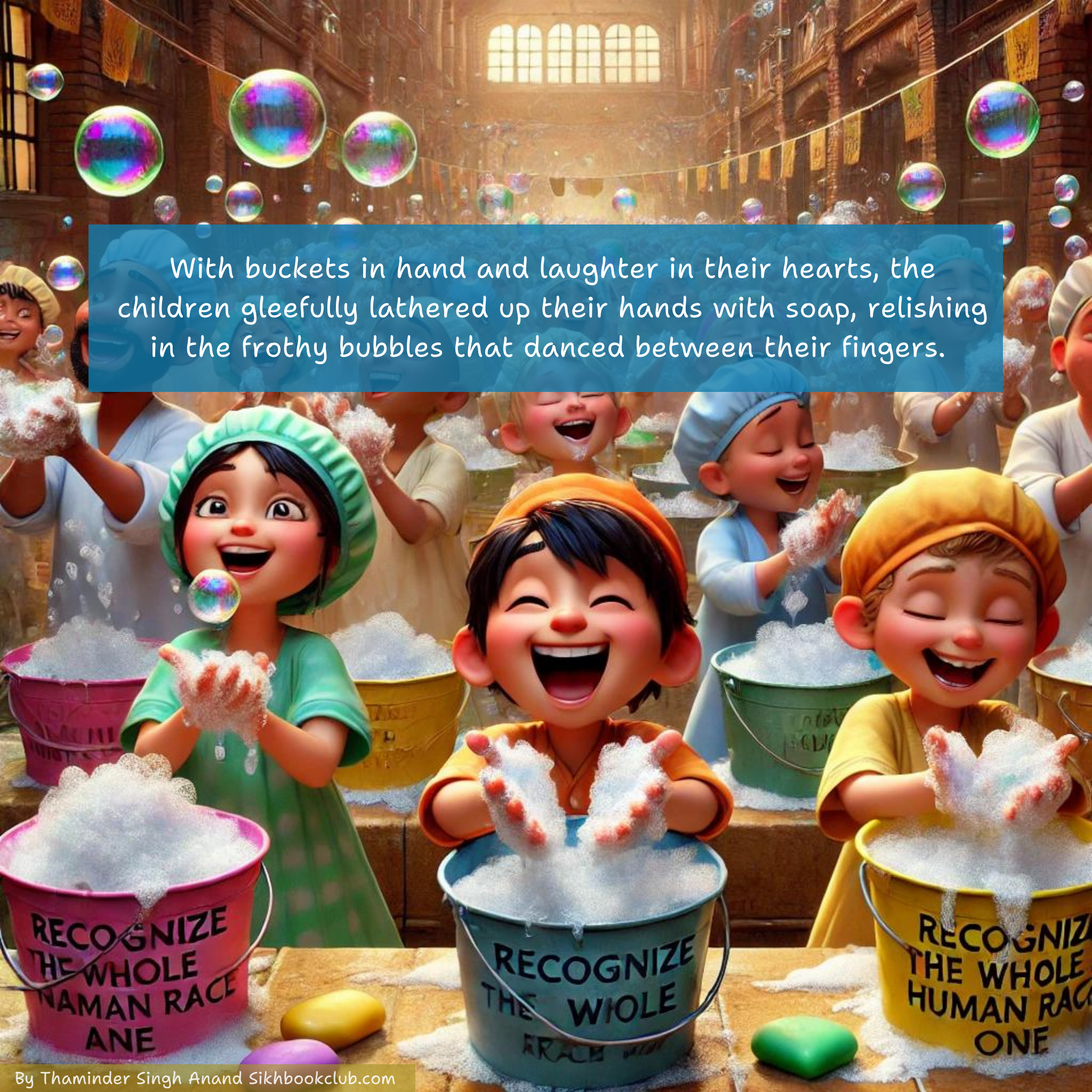
As the elders spoke, they introduced the children to the principles of Sikhism, a faith that espouses the values of selflessness, compassion, and service to humanity.



They recounted the teachings of Guru Nanak Dev Ji, The founder of Sikhism, who preached the importance of leading a life of honesty, humility, and kindness towards all.



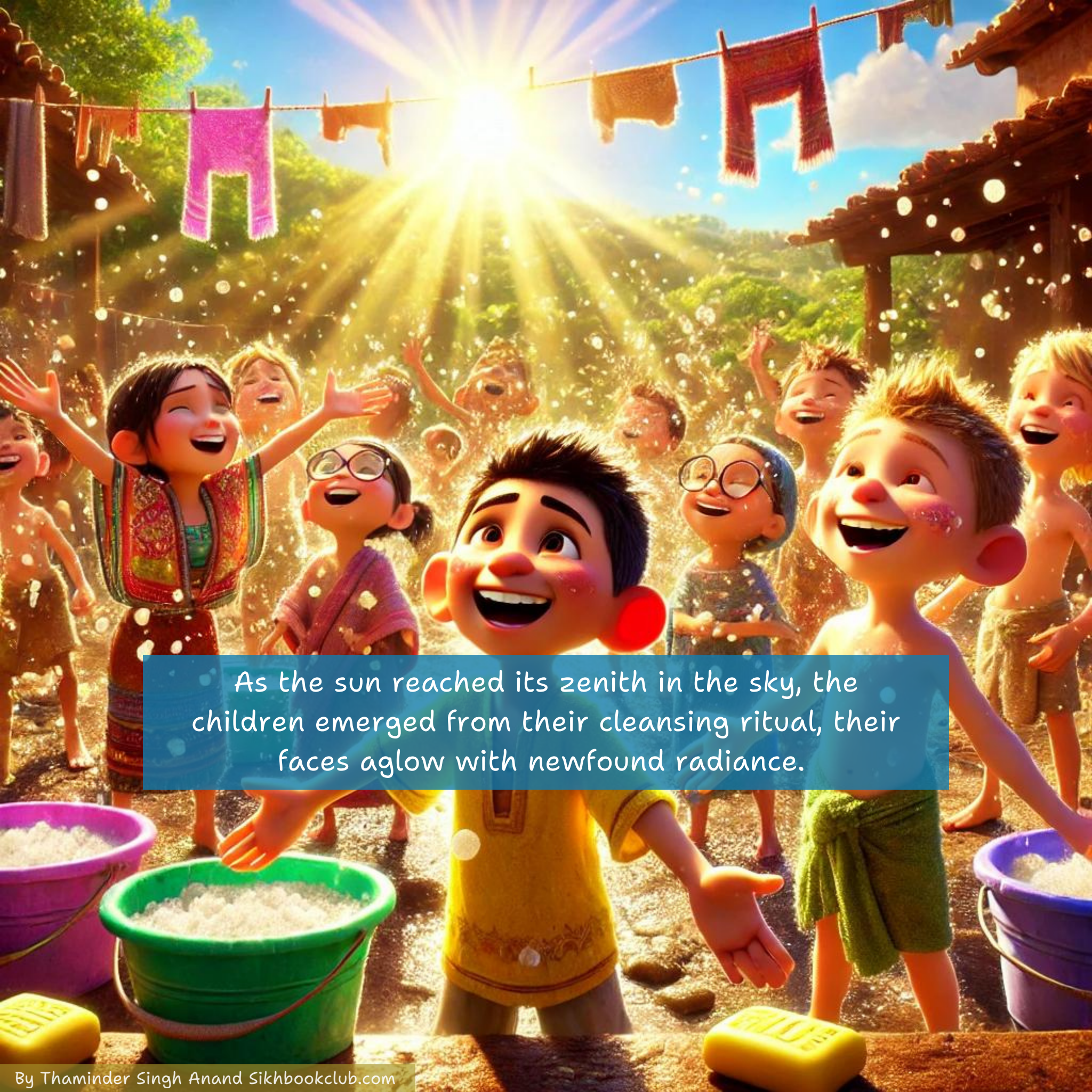
With rapt attention, the children listened intently, their young minds eager to absorb the wisdom being imparted. And so, armed with newfound knowledge and enthusiasm, they embarked on their hygiene lesson with zeal.



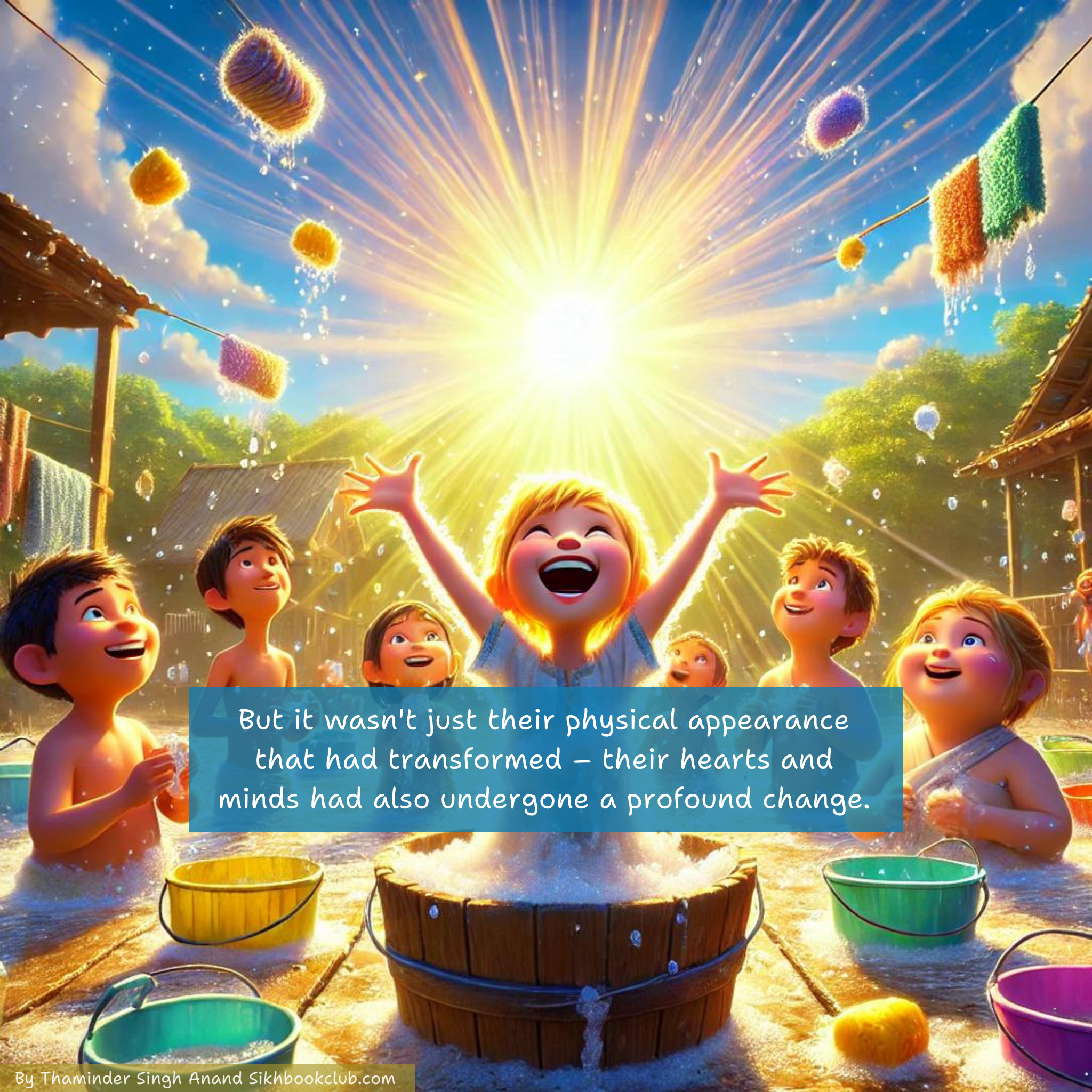
With buckets in hand and laughter in their hearts, the children gleefully lathered up their hands with soap, relishing in the frothy bubbles that danced between their fingers.



They scrubbed away the dirt and grime while reciting
the teachings of Guru Nanak Dev Ji – "Recognize the
whole human race as one."



As the sun reached its zenith in the sky, the children emerged from their cleansing ritual, their faces aglow with newfound radiance.



But it wasn't just their physical appearance that had transformed – their hearts and minds had also undergone a profound change.



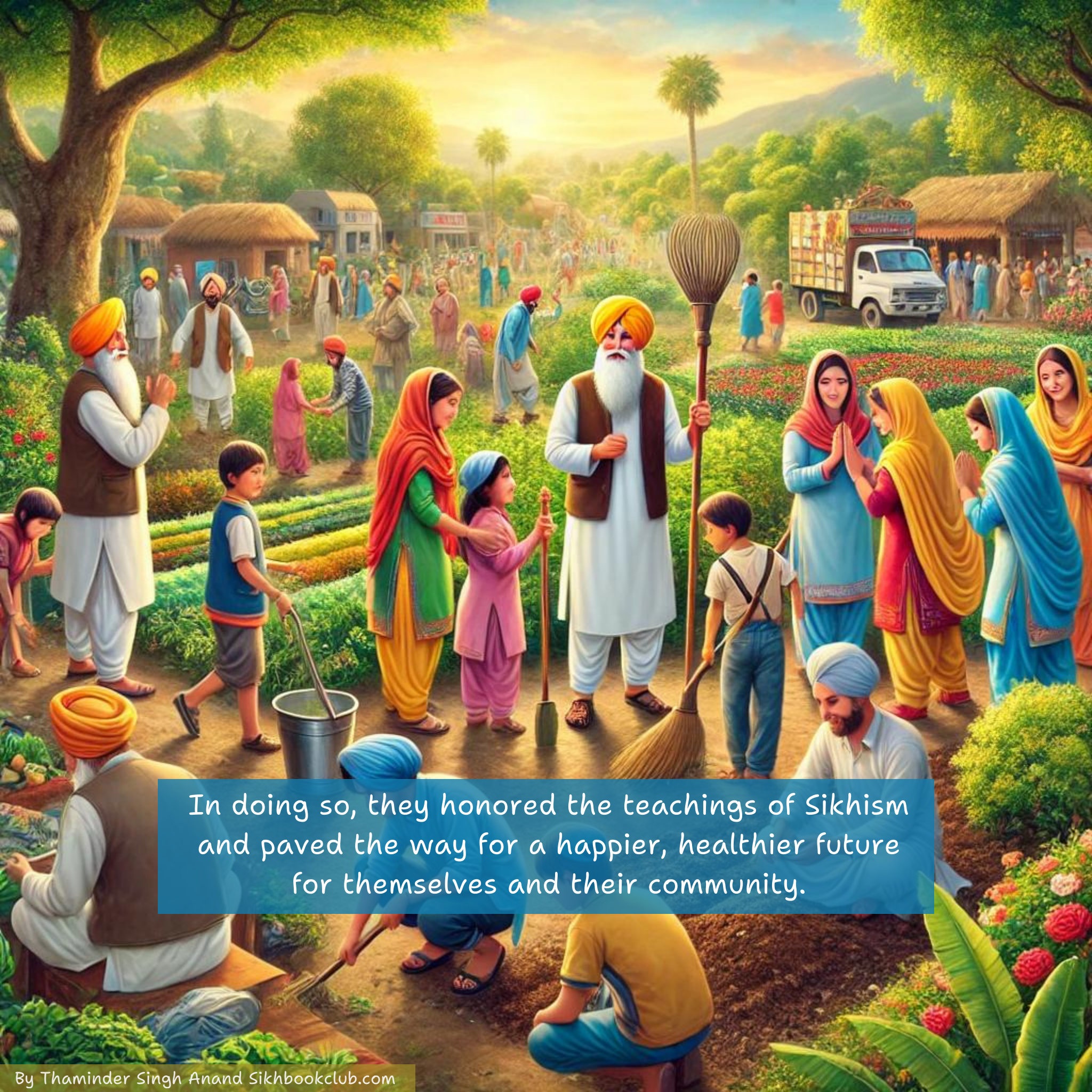
In the days that followed, the village echoed with laughter and song as the children embraced their newfound commitment to cleanliness.

They diligently washed their hands before meals, kept their surroundings tidy, and even volunteered to help those in need, embodying the spirit of selfless service taught by Guru Nanak Dev Ji.

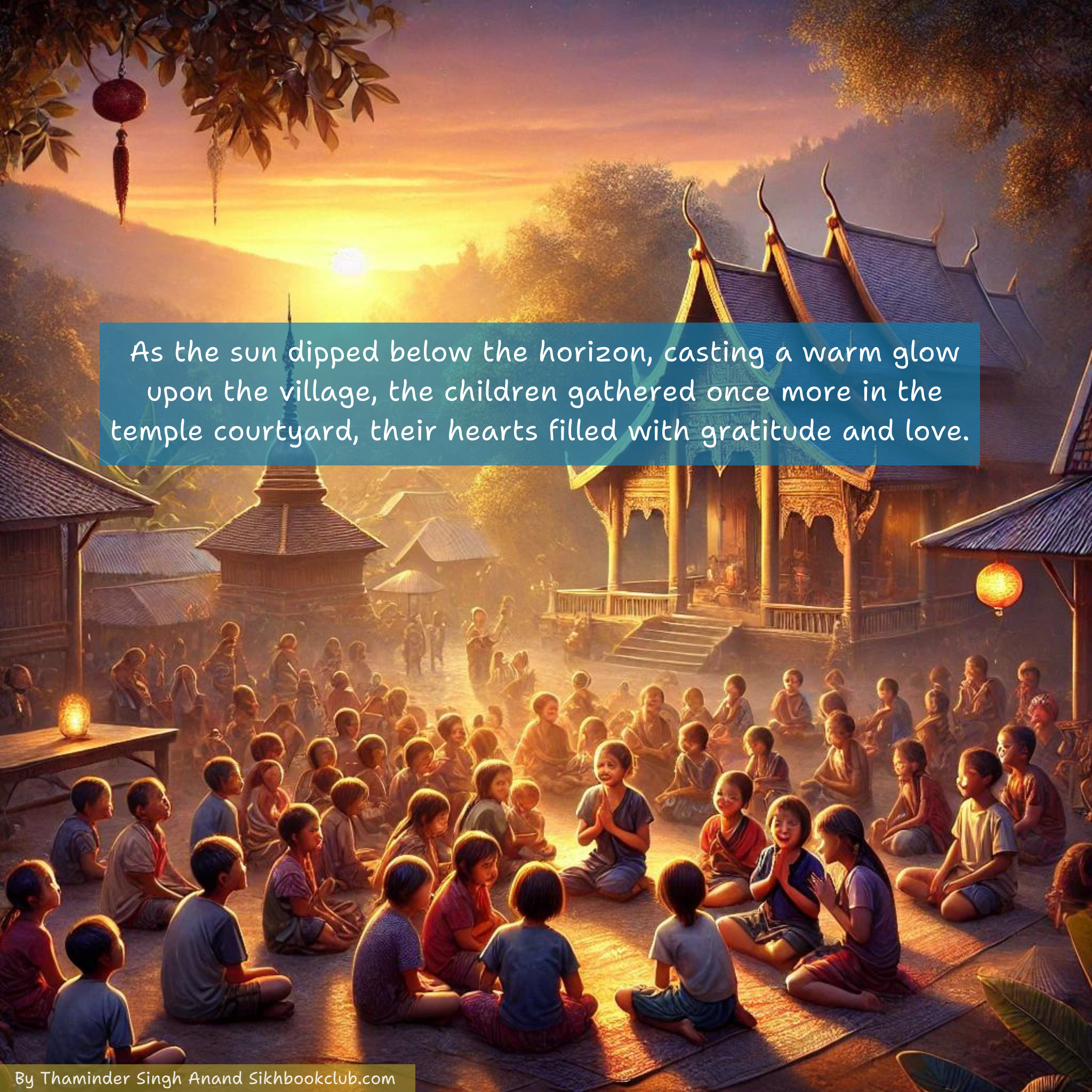




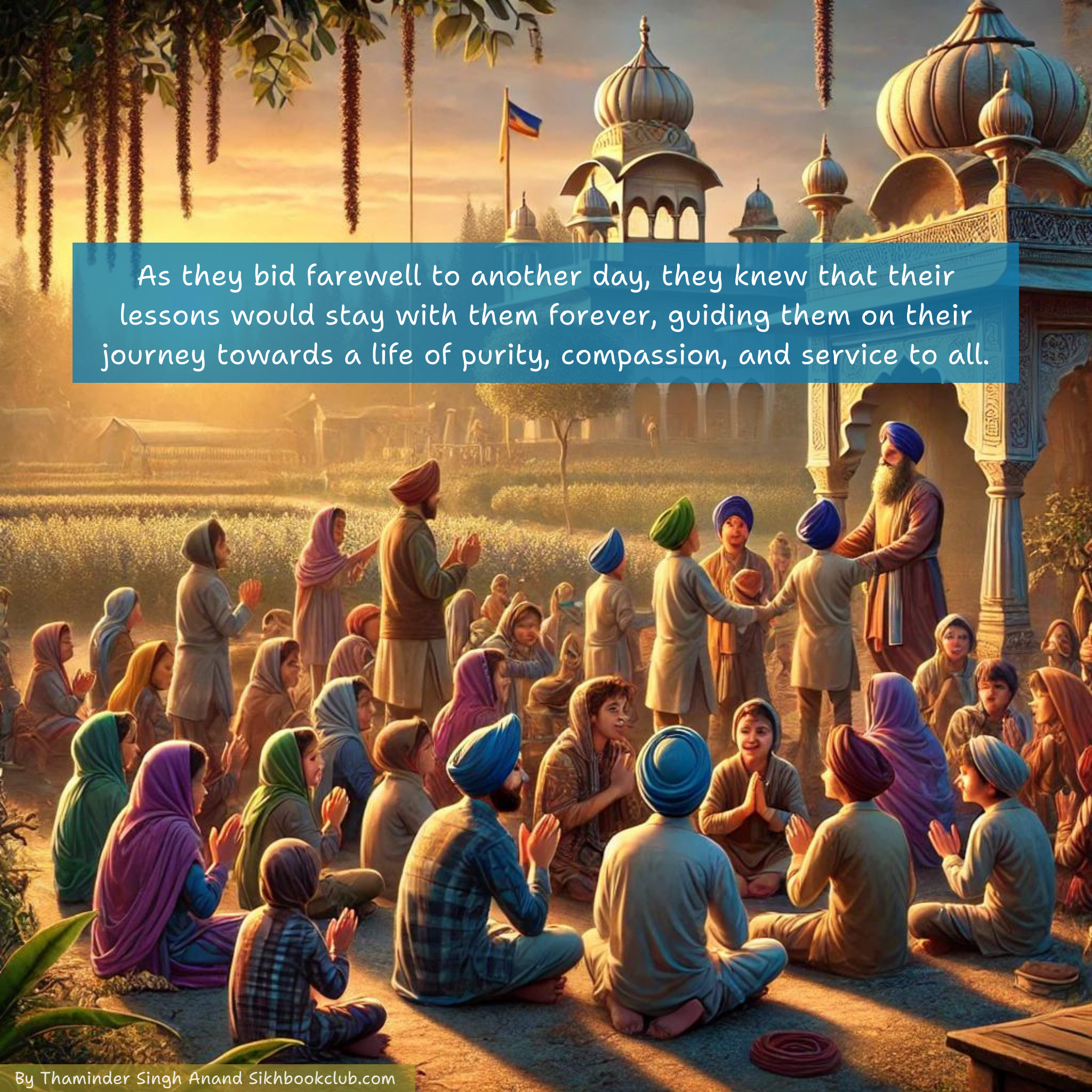
And so, by washing away dirt and grime, the children discovered the true power of soap – not only to cleanse the body but to purify the soul.



In doing so, they honored the teachings of Sikhism and paved the way for a happier, healthier future for themselves and their community.



As the sun dipped below the horizon, casting a warm glow upon the village, the children gathered once more in the temple courtyard, their hearts filled with gratitude and love.



As they bid farewell to another day, they knew that their lessons would stay with them forever, guiding them on their journey towards a life of purity, compassion, and service to all.

Five Minutes Task For Children

Encourage kids to recite the Mool Mantar for five minutes before meals. This practice aids in improving focus and instilling discipline in their daily activities. Alternatively, initiate a brief Naam recitation session before any task to center their young minds. By starting these practices early, children become grounded in Sikh values, shaping the future of the community.

LIST OF TEN SIKH GURU'S

1. Guru Nanak Dev ji
2. Guru Angad Dev ji
3. Guru Amar Das ji
4. Guru Ram Das ji
5. Guru Arjan dev ji
6. Guru Hargobind sahib ji
7. Guru Har Rai ji
8. Guru Har Krishan ji
9. Guru Teg Bahadur ji
10. Guru Gobind Singh ji

Guru Gobind Singh declared the Guru Granth Sahib to be the eternal Guru following the lineage of Sikh Gurus.

Mool Matra Paath

ੴ ਸਤਿ ਨਾਮੁ ਕਰਤਾ ਪੁਰਖੁ ਨਿਰਭਉ ਨਿਰਵੈਰੁ ਅਕਾਲ ਮੂਰਤਿ ਅਜੂਨੀ ਸੈਭੰ ਗੁਰ ਪ੍ਰਸਾਦਿ ॥

There is only one God whose Name is 'of Eternal Existence'. He is the creator of the universe, all-pervading, without fear, without enmity, independent of time, beyond the cycle of birth and death, self revealed and is realized by the Guru's grace.

॥ ਜਪੁ ॥

Name of the composition (means Chant)

ਆਦਿ ਸਚੁ ਜੁਗਾਦਿ ਸਚੁ ॥

God has existed from the beginning and existed throughout the ages.

ਹੈ ਭੀ ਸਚੁ ਨਾਨਕ ਹੋਸੀ ਭੀ ਸਚੁ ॥੧॥

O' Nanak, He is true (exists) now and He will be true (exist) forever.

GURU SHABAD

ਪਉੜੀ ॥

Pauree:

ਜਾ ਤੂ ਮੇਰੈ ਵਲਿ ਹੈ ਤਾ ਕਿਆ ਮੁਹਛੰਦਾ ॥

O' God, when You are on my side, then why do I need to be dependent on anybody else?

ਤੁਧੁ ਸਭੁ ਕਿਛੁ ਮੈਨੇ ਸਉਪਿਆ ਜਾ ਤੇਰਾ ਬੰਦਾ ॥

Since the time I have become Your devotee, You have provided me with everything

ਲਖਮੀ ਤੇਟਿ ਨ ਆਵਈ ਖਾਇ ਖਰਚਿ ਰਹੰਦਾ ॥

Even after spending, sharing and amassing, I never fall short of the wealth of Naam.

ਲਖ ਚਉਰਾਸੀਹ ਮੇਦਨੀ ਸਭ ਸੇਵ ਕਰੰਦਾ ॥

It appears that millions of species of beings are serving me.

ਏਹ ਵੈਰੀ ਮਿਤ੍ਰ ਸਭਿ ਕੀਤਿਆ ਨਹ ਮੰਗਹਿ ਮੰਦਾ ॥

You have made all enemies as my friends, and none wishes ill of me.

ਲੇਖਾ ਕੋਇ ਨ ਪੁਛਈ ਜਾ ਹਰਿ ਬਖਸੰਦਾ ॥

O' God, since You are my forgiver, then no one asks me for the account of my past deeds.

ਅਨੰਦੁ ਭਇਆ ਸੁਖੁ ਪਾਇਆ ਮਿਲਿ ਗੁਰ ਗੋਵਿੰਦਾ ॥

After meeting with the Divine-Guru, I have become blissful, and I have received inner peace.

ਸਭੇ ਕਾਜ ਸਵਾਰਿਐ ਜਾ ਤੁਧੁ ਭਾਵੰਦਾ ॥੭॥

When it pleases You, all my tasks get accomplished. ||7||

GURU SHABAD

ਰਾਖਾ ਏਕੁ ਹਮਾਰਾ ਸੁਆਮੀ ॥

The Master-God is the only protector of us all,

ਸਗਲ ਘਟਾ ਕਾ ਅੰਤਰਜਾਮੀ ॥੧॥ ਰਹਾਉ ॥

and He is omniscient. ||1||Pause||

ਸੋਇ ਅਚਿੰਤਾ ਜਾਗਿ ਅਚਿੰਤਾ ॥

That person sleeps without any worry and wakes up in a state of no worry,

ਜਹਾ ਕਹਾਂ ਪ੍ਰਭੂ ਤੂੰ ਵਰਤੰਤਾ ॥੨॥

who understands and says: O God! You alone are pervading everywhere. ||2||

ਘਰਿ ਸੁਖਿ ਵਸਿਆ ਬਾਹਰਿ ਸੁਖੁਪਾਇਆ ॥

One lives peacefully in his house and enjoys inner peace even while outside engaged in worldly chores,

ਕਹੁ ਨਾਨਕ ਗੁਰਿ ਮੰਤ੍ਰੁ ਦ੍ਰਿੜਾਇਆ ॥੩॥੨॥

within whom the Guru has implanted the Mantra of Naam, says Nanak. ||3||2||

GURU SHABAD

ਗਉੜੀ ਮਹਲਾ ੫ ॥

Raag Gauree, Fifth Guru:

ਥਿਰੁ ਘਰਿ ਬੈਸਹੁ ਹਰਿ ਜਨ ਪਿਆਰੇ ॥

O' beloved devotees of God, have firm faith in your heart,

ਸਤਿਗੁਰਿ ਤੁਮਰੇ ਕਾਜ ਸਵਾਰੇ ॥੧॥ ਰਹਾਉ ॥

that the true Guru accomplishes all your tasks. ||1||Pause||

ਦੁਸਟ ਦੂਤ ਪਰਮੇਸਰਿ ਮਾਰੇ ॥

The transcendent God has struck down the wicked enemies,

ਜਨ ਕੀ ਪੈਜ ਰਖੀ ਕਰਤਾਰੇ ॥੧॥

and the Creator has preserved the honor of His humble devotees. ||1||

ਬਾਦਿਸਾਹ ਸਾਹ ਸਭ ਵਸਿ ਕਰਿ ਦੀਨੇ ॥

God has brought all the kings and emperors under the command of His devotees,

ਅੰਮ੍ਰਿਤ ਨਾਮ ਮਹਾ ਰਸ ਪੀਨੇ ॥੨॥

and they partake the most sublime ambrosial nectar of Naam. ||2||

ਨਿਰਭਉ ਹੋਇ ਭਜਹੁ ਭਗਵਾਨ ॥

Meditate fearlessly on God's Name,

ਸਾਧਸੰਗਤਿ ਮਿਲਿ ਕੀਨੇ ਦਾਨੁ ॥੩॥

which you have been blessed with in the congregation of saintly persons. ||3||

ਸਰਣਿ ਪਰੇ ਪ੍ਰਭ ਅੰਤਰਜਾਮੀ ॥

O' the knower of hearts, I have sought Your refuge.

ਨਾਨਕ ਓਟ ਪਕਰੀ ਪ੍ਰਭ ਸੁਆਮੀ ॥੪॥੧੦੮॥

O' Nanak, say, "I have grasped onto the support of the Master-God". ||4||108||

Why You Should Wear Turban

- Superhero Symbol:** Think of a turban like a special superhero symbol! It was created by a wise Guru named Guru Gobind Singh, and it shows everyone you're part of the Sikh team that believes in helping others and doing what's right.
- Everyone is Equal:** Long ago, only super-rich people wore special headwear. But the Guru wanted everyone to feel important and equal, so he made the turban a symbol for all Sikhs!
- Promises & Power:** A turban reminds Sikhs about their promises: to be kind, brave, and have self-control. Even tying it is like a mini-meditation, helping you focus.
- Practical Stuff:** Turbans were also handy! They helped protect heads and keep long hair (which is sacred to Sikhs) neat and clean.
- Royal Feeling:** Sikhs often think of their turban as a crown. Not the kind with jewels, but one inside your heart, reminding you that you're strong and have a special connection to your faith.
- Girls and Boys:** Both men and women can proudly wear turbans, showing that everyone can be strong and connected to their beliefs.
- Your Own Choice:** While turbans are special, each Sikh decides how they show their faith. Some might wear smaller ones or different head coverings.

Important things to remember in a Gurdwara:

- Take off your shoes:** Gurdwaras have special rooms to leave your shoes. It's a sign of respect to keep the floors clean where people pray.
- Cover your head:** Everyone in a Gurdwara covers their head with a scarf or small turban. This shows respect for the holy book (the Guru Granth Sahib). Don't worry if you don't have one, they usually have extras!
- Quiet Voices:** Use your inside voice when you're in the main prayer hall. People might be meditating or listening to the Guru Granth Sahib being read.
- Sit on the Floor:** There aren't chairs in the Gurdwara. Everyone sits on the carpeted floor together. Try sitting cross-legged, it's fun!
- Bowing:** You might see people bowing to the Guru Granth Sahib, which is a way of showing extra respect !
- Hukamnama :** Guru's Message of the Day, Try to read it and understand it.
- Langar Time!** Gurdwaras have a special community kitchen called the Langar. Everyone sits together to share a delicious free meal. It doesn't matter who you are, you're always welcome.

Extra Cool Things:

- Music:** There might be people playing instruments and singing beautiful hymns. You can quietly listen or try singing along!
- Helping Out:** Gurdwaras are all about helping. See if you can find a way to lend a hand, even if it's something small!
- Remember:** The most important thing is to be respectful and open to learning about a new place and people!

Super Sikh Daily Checklist:

Morning Power-Up:

Smile at Waheguru:

When you wake up, remember Waheguru loves you! Say a quick "Thank you!"

Splash and Wash:

Get yourself clean! Feeling fresh is awesome.

Comb Time:

Tidy hair makes you feel strong and ready to go.

Say a Little Prayer:

If you know a short prayer, say it, it helps your heart feel happy.

Be a Sikh Superhero All Day:

Big Heart Power:

Help others whenever you can, sharing feels good!

Truth Shield:

Tell the truth. Being honest makes you strong inside.

Super Focus:

Try your best at school! Learning makes you powerful.

Calm Down Power:

If you get mad, take some big breaths, being calm is cool.

Evening Recharge:

Quiet Time:

Listen to a prayer or read a story from the Guru Granth Sahib. It makes your mind feel peaceful.

Waheguru Hug:

Before sleep, think about one good thing that happened. Say thank you to Waheguru for a great day!

Remember:

You're learning:

It's okay not to do everything perfectly yet!

Ask for Help:

Your parents are your Sikh teachers. Ask them questions!

The Sikh Story for Little Minds

A long time ago there lived a wise and kind man named Guru Nanak. From a young age, he was different from other children. He was thoughtful and caring, always thinking about the world and the people in it. Guru Nanak believed in one God, and he wanted everyone to understand that we are all equal, no matter where we come from or what we look like.

He traveled to many places to share his wisdom. He taught people to be kind, to help those in need, and to remember that God is always with us. His teachings became the foundation of Sikhism. Among his teachings are that all humans are equal, born from Same God. Respect women, they give birth to all including you.

The Sikhs believe in three key principles called the "Three Pillars of Sikhism." These are:

1. ****Naam Japna (Remembering God):**** Sikhs believe in remembering God in everything they do. They repeat God's name and try to live a life filled with goodness and love.
2. ****Kirat Karni (Earning a Honest Living):**** Sikhs are taught to work hard and honestly. They believe in earning their living through sincere efforts and not by cheating or hurting others.
3. ****Vand Chakna (Sharing with Others):**** Sikhs believe in sharing what they have with others. Whether it's food, love, or kindness, Sikhs are encouraged to share with those around them.

Guru Nanak's teachings were passed down to a line of Gurus who continued to guide the Sikhs. Each Guru shared important lessons about love, equality, and respect for all.

The last Guru Gobind Singh, gave Sikhs the final look. He mandated sikhs to have Long unshorn Hair, turban and wear saber to protect the oppressed. Guru Gobind Singh gave the Guruship to Guru Granth Sahib. This book is a treasure chest because it holds not only the hymns of the Gurus but also the wise words of saints from other religions, like Muslims and Hindus. By Reading Guru Granth Sahib it ensured that everyone, no matter their background, could find wisdom, love, and guidance in its pages.

As the Sikhs continued their journey, they faced challenges, but they always remembered their Gurus' teachings. They became a strong and loving community, helping each other and those in need.

In the heart of Sikhism lies the belief that everyone is equal, and love and kindness should guide our actions. So, whether you are six years old or sixty, the story of Sikhs teaches us to be good, kind, and always remember that love and equality make the world a better place.

Please visit

www.sggsonline.com for the translation of Guru Granth Sahib. www.sikhbookclub.com for thousands of spiritual books available for free.