

Grade: 2
Lesson Number: 16
Unit Name: Sohilā
Course: Bolī
Title: Sohilā II

Standards

Standard 8: Recitation of Sohilā

- Students recite Sohilā.

Objectives

1. Students learn recitation of third sabad of Sohilā.

Prerequisites

- Lesson I on Sohilā.

Materials

- Audio of Sohilā (CD provided; Track 17)
- CD player
- Three-four CD players with headphones
- Singh, Tarlochan, et. al, *The Sacred Writings of the Sikhs*. UNESCO Collection of Representative Works. Orient Longman, New Delhi: 1960, 2000.
- Nitnem Pothīs printed by Sikh Missionary College (these have accurate spacing and pauses between words, which will help with children's learning)

Advanced Preparation

- Be familiar with the meanings of the sabad and also be ready to answer any questions that you may have had from your last class.
- Teacher should understand sabad. Translation reference should be taken from www.gurugranthdarpan.com.

Engagement (15-20 minutes)

- Go over the first two sabads of Sohilā with the children.
- See if a student is willing to lead it.
- Have children give you a review of what the sabads mean as well.

Exploration (35 minutes)

- Then go over the third sabad.
- Tell children that in the Hindu religion, Ārtī is very common where they decorate a plate, put a candle on it and rotate it around an idol.
- Gurū Nānak took that concept and in his sabad explains that the sky is the wonderful plate and the moon is the lights and the stars being the pearls, the natural fragrant of sandalwood instead of incense.

- He goes on to say that Vāhgurū is the light in everyone and if the light is lit that in itself is the worship of Vāhgurū.
- Further explain to children that the light being lit means that individuals are able to understand and have faith in Vāhgurū.
- Ask children to wash their hands and cover their head and give them the nitnem pothīs and open it to the third sabad in Sohilā.
- Then read each line and have children repeat it after you. Repeat this twice.
- Play the third Sabad on the CD and let children follow along.
- Then play the first three sabads on the CD and see if children can recite the first two Sabads along with the CD. Ask them to follow along with the third Sabad again.

Explanation/Extension (5-10 minutes)

- Tell children to think about what Gurū Nānak is saying when they look at the sky and moon and stars that night.
- Ask children to get permission from their parents to allow them and do Sohilā under the stars. Ask children to write a paragraph in Panjabi or English on how that felt when they do Sohilā under the stars, for next class.

Evaluation (On-going)

- Remind children to do Sohilā at night, trying to do the first three Sabads without a pothī.