

**Grade: Kindergarten**  
**Lesson Number: 7**  
**Unit Name: Sikh Symbols**  
**Course: Virṣā**  
**Title: "Mūl Mantr"**

### **Standards**

#### **Standard 6: Understanding Sikh Symbols**

- Students identify and describe Sikh symbols. (e.g. Nishān Sāhib, Khandā, Ik Oaṅkār, 5 Kakār, hawk, silver arrow, Gurū Nānak as “founder of the faith,” and the Mūl Mantr)

### **Objectives**

1. Students will be able to recite and explain the Mūl Mantr.

### **Prerequisites**

- This lesson plan is a part of a series focusing on Sikh symbols. Students may already know the Mūl Mantr; the purpose of this activity is to provide them with a more concrete understanding of it.

### **Materials**

- The Mūl Mantr written on large chart paper
- Blank sheets of Chart paper or Dry-erase board/ blackboard
- Marker
- Translation of Mūl Mantr on laminated cardstock cut into strips
- Copies of Mūl Mantr along with color-coded translations for the class

### **Advanced Preparation**

- Make two copies of meanings / translations on to cardstock (thick paper) and laminate if possible.
- One of the copies will remain intact while the other needs to be cut up into nine strips. Each strip should have a translation. (e.g. "There is one god." *would be one strip.*)
- Mūl Mantr – it’s helpful if it’s written in both English and Gurmukhī. The translation should be in a different color – A good way to differentiate the meanings between the words is to color code it. (Ik Oaṅkār – the words in both Gurmukhī and English and the translation should all be in the same color; the next line and translations should be in a different color etc...)
- Make copies of the Mūl Mantr and the color-coded translations for the class.

### **Engagement (20 minutes)**

- Have students sit in a semi-circle in front of you.
- On the board or on the chart paper write “Vāhigurū” in the center.
- Ask students what they think about when you say “Vāhigurū.” – There is not one correct answer. Write students’ names next to their responses.
- Reread student responses to them.

**Exploration (30 minutes)**

- If you get very few responses, that's okay, go on to the questions below. Do not tell the students if they are right or wrong. This is a great way to see what they already view as Vāhigurū's attributes:
  - *How many Gods do you think there are?*
  - *What do we call "God?"*
  - *What do you think Vāhigurū is like?*
  - *Where do you think Vāhigurū is?*
  - *Who made this world?*
  - *Do you think Vāhigurū is strong?*
  - *Is there anyone stronger than Vāhigurū?*
  - *What are some things Vāhigurū can do?*
  - *Do you think Vāhigurū loves or hates?*
  - *How do you become friends with people? How do you become friends with Vāhigurū? (Cnswer: by becoming friends with people)*
- After you've gone through these questions, show them the Mūl Mantr – and the translation one line at a time.
- Take your time; spend a significant amount of time on each line.
- Check for understanding. Ask students the same questions as above and see if their answers are the same or different.
- Next, have students help you put the Mūl Mantr in order using the nine strips.
- Finally play a game, where student have to match the Mūl Mantr with the correct translation – see if they can remember any of the meaning. (If not, they can match the colors).
- As they find a match, make sure you read both the line from Mūl Mantr along with the translation.

**Explanation/Extension (10 minutes)**

- Once again, read the Mūl Mantr in order along with the translations.
- Hand out the copies of the Mūl Mantr.
- Have students read along with you. If possible, the teacher should read the Mūl Mantr and allow children to read the translation.

**Evaluation (On-going)**

- For homework, have the students read the Mūl Mantr along with the translations to their parents.

## **Teacher Resources**

### **Mūl Mantr Explanation**

ੴ	ik oāṅkār	One Universal Integrative Force	Vāhigurū is One
ਸਤਿ ਨਾਮੁ	sati nāmu	Identified by Truth	Vāhigurū is True
ਕਰਤਾ ਪੁਰਖੁ	kartā purakhu	Pervasive Creator	Vāhigurū Creates
ਨਿਰਭਉ	nirbhaū	Fearless	Vāhigurū is Fearless
ਨਿਰਵੈਰੁ	nirvair	Without Enmity	Vāhigurū has no Hate
ਅਕਾਲ ਮੂਰਤਿ	akāl mūrati	Timeless Being	Vāhigurū is beyond Time
ਅਜੂਨੀ	ajūnī	Unborn	Vāhigurū is Independent
ਸੈਭੰ	saibhaṅ	Self-Illumined	No one teaches Vāhigurū
ਗੁਰ ਪ੍ਰਸਾਦਿ	gur prasādi	Attained by Grace of Gurū	Gurū shows us Vāhigurū

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