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# The Life of Guru Nanak



# Guru Nanak

Guru Nanak was the first Sikh Guru, he came from a small town called Talwandi in India, about 40 miles from Lahore (now in Pakistan), 500 years ago. Sikh traditions teach that his birth and early years were marked with many events that showed he was special.



# Nanak Disappears

One morning, when Nanak was 30 years old, he got up before dawn and went to the river to bathe and say his prayers; but he disappeared and all that was left were his clothes. The villagers searched everywhere for him, but could not find him and thought he had died.



[This is a link for a video about Guru Nanak's disappearances](https://www.bbc.co.uk/programmes/p010xlmq)

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# God's Message

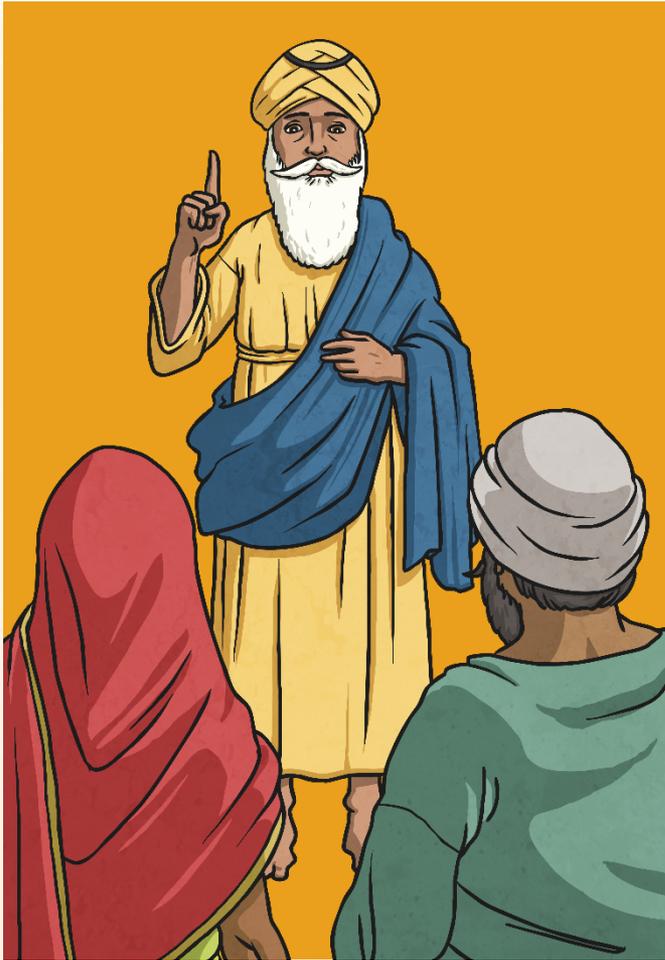
Three days later, Nanak suddenly appeared and remained silent for a whole day. When he spoke, he said that he had been with God and had been told to tell the people how they could also become closer to God. He said that all people were equal in God's eyes, "There is only God's path and I shall follow God's path."



There is only God's path and I shall follow God's path."

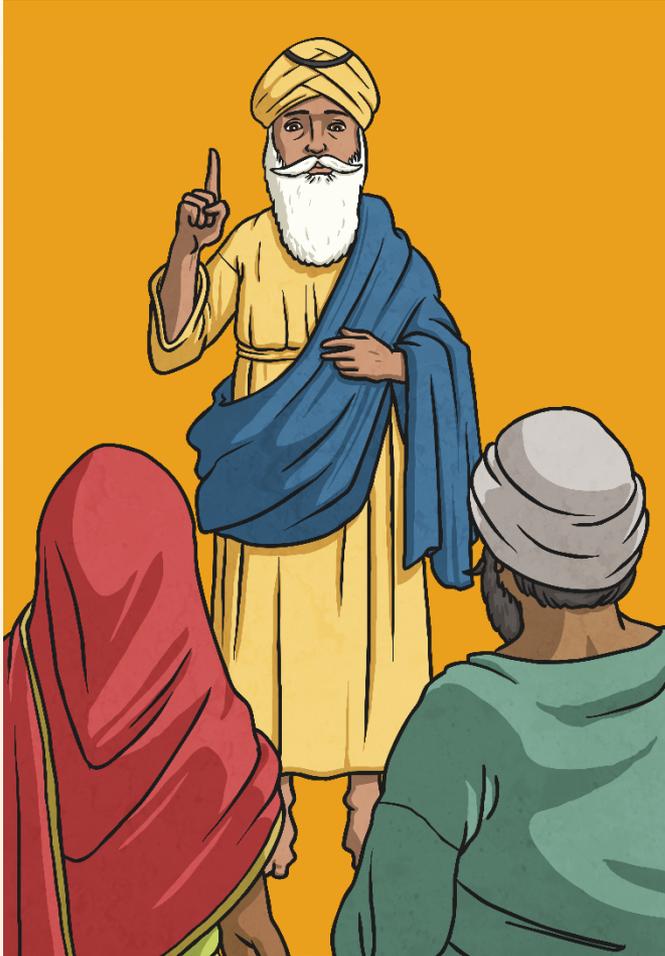
# Questions

You can answer each question or you can write a paragraph to answer all of them.



- What does the story of Guru Nanak disappearance teach Sikhs?
- How did people treat each other?
- What do you think the moral of the story is?
- Can you think of time when you have shown respect to someone or a group of people?

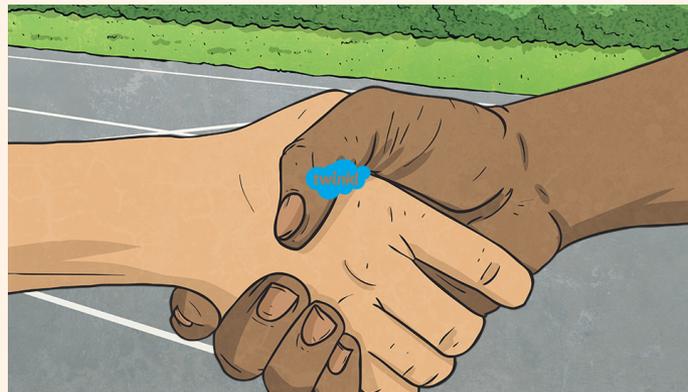
# Answers



- What does the story of Guru Nanak disappearance teach Sikhs? **That there is only one God and everyone is equally in God's eyes.**
- How did people treat each other? **With a lack of respect and equality**
- What do you think the moral of the story is? **The moral of the story is that everyone should be treated with respect and everyone should be treated equally.**
- Can you think of time when you have shown respect to someone or a group of people?

One of the main messages in the story of Guru Nanak disappearance is about respect.

What does respect mean and what does it look like in everyday life?



# What Is Respect?

Respect means thinking about other people and their feelings.



We can show respect in many ways, through how we act and in what we say.

# How Can We Show Respect in School?

We can show respect by:

- listening to others;
- following school rules;
- saying kind things to others;
- waiting our turn;
- including others in our activities;
- use good manners.



# How Do We Respect Ourselves?

Not only is it important to respect others, it is just as important to respect ourselves.



We should look after our bodies.



We should follow our dreams.

We should love ourselves and realise all of our good points.

Look at some of these scenarios and think about what you would do in that situation. Maybe discuss one or two with a parent/carer or sibling if possible.

Respect Scenario Cards

James and Alice asked to join the football team. Suzie ignores their request and carries on playing. Tom stops playing and invites James and Alice to play.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Sarah's teacher noticed that she was struggling with her work. She asked Sarah to stay behind to offer some extra help. Sarah admitted that she needed some help and took up the teacher on the offer of more support in class.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Jenny and her brother Liam were playing with their friends and left a mess in the dining room. Mum asked them to tidy it up, but they wanted to go outside with their friends.



Who is showing respect or disrespect? How?

Respect Scenario Cards

Sophie has new shoes. She decides to wear them to school. Jenny tells Sophie how much she likes her shoes. Karen comments that she does not like Sophie's shoes.



Who is showing respect or disrespect? How?

Here is a link for a video about respect

<https://www.youtube.com/watch?v=TmRjyQlWyQg>



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