

# Guru Nanak Dev Jee Gurpurab Activities



ACTIVITY	OBJECTIVE	LINK
<p><b>Homeless seva</b> Have you considered making some pasta, popping it in containers and giving it out in the local town centre, or targetting those on the streets?</p>	<p>Seva with your hands Vandh Shukna Connecting with the community Builds empathy Practicing to be non-judgemental Nourishing the soul</p>	<p>No links, but make a vegetable pasta, and get containers from Wilko, add a sticker to say something about Guru Nanak</p>
<p><b>Seva For Neighbours</b> How about making some samosay or cakes</p>	<p>Connecting with those around you Paarchaar Feels good to give</p>	<p>No link, but consider making something for the neighbours, with a little leaflet about Guru Nanak</p>
<p><b>Colouring and activity Sheets</b> from Sikh Vision</p>	<p>Learning Sakhis Hand Coordination Connecting with who Guru Nanak is</p>	<p><a href="#">Sikh Vision Links to Activities</a></p>
<p><b>Paath / Simran</b> Supporting the children to connect with Guru Nanak through Paath and Simran</p>	<p>Builds love for God Connects us to one another and God's creation Support mental and emotional wellbeing Changes karam (destiny)</p>	<p>Try the Gurpurab Challenge **</p>
<p><b>Videos to Watch</b></p>	<p>Learning about Guru Nanak Time together as a family Connecting with imagery</p>	<p><a href="#">Guru Nanak - Bebe Nanaki Jee</a> <a href="#">Guru Nanak and the boulder</a> <a href="#">Guru Nanak and Black Magic</a> <a href="#">The Story of 4 Promises</a></p>
<p><b>Greeting Card</b></p>	<p>Engaging with friends and family Spending time together Getting creative</p>	
<p><b>Day Out / Camp</b></p>	<p>Spending time together Remembering the day off and its reasons</p>	
<p><b>Presents and decorating the home with lights</b></p>	<p>Builds the excitement Brings positivity</p>	

# Guru Nanak Dev Jee Gurpurab Activities

The Key Points to TRY to action are:

- This is like our Christmas
- We take the children out of school for Religious Observance
- We book a day's annual leave from work
- We spend the day together
- Build the excitement in advance
- We do something special on the day
- We are talking about Guru Nanak and them coming to this world
- We do not need to spend a lot of money
- We are collectively working together as a family to remember Guru Nanak through Shabad and Simran
- We try to visit the Gurdwara Sahib for Darshan (Blessed Vision)
- TRY - the Seek Parenting Gurpurab challenge.



# Guru Nanak Dev Jee GURPURAB CHALLENGE

## CHALLENGE OPTIONS

1-7 minutes of Simran

1- 7 Mool Mantras

1-7 Good Actions

One of the above actions a day for any duration between 1 and 7 minutes - try starting at 1 minute and adding a minute or action or mool mantra a day!

**NAME:** \_\_\_\_\_

Day	Challenge Chosen	How do I feel now?	Complete
2nd			
3rd			
4th			
5th			
6th			
7th			
8th			