

“Reflections on Amrit”

Explanation B

What do your Sikh's remember as they take Amrit?

This reminds me of the time when.....

My feelings at this moment are....

Explanation C

Do you think a young person would change their behaviour after taking Amrit?

I'm so proud of him today because.....

The reason I'm doing this is.....



Explanation A

What's happening in the picture?

Look carefully at the picture of a young Sikh taking Amrit for the first time. In this ritual, the youth takes on for himself belief in one God, the equality of all people and respect for everyone. He begins to wear the 5Ks. He is now a full member of the Sikh community. Boys add "Singh" to their names, girls add "Kaur"
With a partner, think about the ritual of Amrit, and the way it's shown in the picture. Fill in the thought bubbles above – what thoughts do people have at the ceremony? Then fill in the explanation boxes as well. Make your work detailed and clear.

Explanation D

In what ways is Amrit like other rituals you know about?

Clue: Rituals are often about belonging, remembering and making a special moment.