

**Grade: 2**

**Lesson Number: 9**

**Unit Name: Ten Nānaks**

**Course: Virṣā**

**Title: 'Gurū Aṅgad as Gurū**

### **Standards**

#### **Standard 5: Ten Nānaks**

- Students identify the 10 Gurūs and two Choṭe Sāhibzāde.
  - *Students will be able to name all 10 Gurūs and two Choṭe Sāhibzāde. They will be able to identify a few key characteristics of each Gurū. The stories about the two Sāhibzāde should introduce concepts from Gurbānī, including pain (dukh), joy (sukh), as well as martyrdom (shahīdī).*

### **Objectives**

1. Students will learn that Gurū Aṅgad formalized Gurmukhī, and the institution of laṅgar.

### **Prerequisites**

- Class one on Bhāī Lahiṇā.
- Teacher should be familiar with Gurū Aṅgad's life during his Gurūship. (resources attached)

### **Materials**

- Life story books about Gurū Aṅgad
- Have name of the Gurū written in both English and Gurmukhī to put up as a sign

### **Advanced Preparation**

- 'Gurū Aṅgad' written in English and Gurmukhī.

### **Engagement (15-20 minutes)**

- Review with children how Bhāī Lahiṇā became Gurū Aṅgad. Let children tell the story.
- Then begin telling them about Gurū Aṅgad's Gurūship.
- Tell children about Gurū Aṅgad formalizing the concept of laṅgar, and how Gurū Aṅgad held school and formalized Gurmukhī.
- Also, tell them about wrestling matches that he used to hold to encourage both mental and physical strength.

### **Exploration (35 minutes)**

- Instead of a wrestling match, have children pair up and arm wrestle or engage in thumb wars with each other.
- Have children do that for about 10-15 minutes, then have a discussion on how that felt. Was it difficult? Did they have to really pay attention? Talk about the concentration they had to put into it and also about their strength.

- Also give the children a Gurmukhī Alphabet Practice sheet to test how much they remember from first grade.

**Explanation/Extension (5-10 minutes)**

- Explain to children that what Gurū Nanāk had started, Gurū Aṅgad had formalized.
- As a result the Sikhs became stronger individuals in their thinking and aware of their health.
- Have children think of their daily routine. Ask them to develop a daily schedule for themselves and think of whether they are working towards being both mentally and physically strong.

**Evaluation (On-going)**

- For homework have children make a story/picture book about Gurū Aṅgad's life and see if they are able to have accurate information.

**Teacher Resources**

Singh Teja and Ganda Singh. A Short History of the Sikhs. Patiala: Punjab University, Patiala, 1994. pp. 16-18

Singh, Puran. The Book of The Ten Masters. Amritsar: Singh Bros., August 2002. pp. 48-57

Bains, Raghubir Singh and Roop singh. The Life Story of Gurū Angad Dev Ji (An Illustrated Spiritual Journey). Amritsar: Baba Sewa Singh Ji Kar Sewa Wale. Distribution by Singh Bros., 2004

