

# DREAM BIG

## Little Kaur



### Lesson Plan for Teachers/Parents

1. Before reading the book, show the students the book cover and ask them what they think the book is about.
2. Read them the back cover for the description of the book which says, “*May the goodness of women from our unforgettable history inspire you to uncover your inner strength and beauty, so you too can become a model Gursikh.*”
3. Then, initiate discussion around the following questions
  - a. What does it mean to be a Gursikh?
    - A Gursikh is one who believes in the 10 Gurus and Guru Granth Sahib Ji and strives to learn as well as follow their teachings
  - b. What qualities must a Gursikh possess? (Activity 1)
    - Humble, pray a lot (devout), brave, helping, do Seva, etc
  - c. What does a Gursikh look like? (Activity 2)
    - Keeps kes, wears 5 K's (Kes, Kanga, Kara, Kirpan, Kachhera,)
  - d. How can we become Gursikhs? (Activity 3)
    - Read Gurbani, Kirtan, Seva, apply the teachings in our daily lives etc.
4. After reading the book, emphasize that all the women described in the book had all the qualities discussed and many more, and thus, were ideal Gursikhs. The highlighted quality about them helps shed light on their major contributions to Sikhi.
5. Next, use the attached activity pages as appropriate.



### Defining a Gursikh Activity 1

Defensive	Loving	Selfless	Stands up for Justice	Greedy
Arrogant	Creative	Devious	Impolite	Stubborn
Grumpy	Accepts God's Will	Wise	Kind Leader	Self-Centered
Quick-Tempered	Inspiring	Brave	Devout	Callous

### Defining a Gursikh Activity 3



### Defining a Gursikh Activity 2

#### Drawing a Gursikh

Before they draw, discuss with the students what it means to be a Gursikh, what they may look like. Ask them to pay attention to details of what action they might be performing, what they might be holding in their hands. Encourage them to include the 5 K's - some of which like kara, kirpan, and kes may be visible in the image.

### Defining a Gursikh Activity 4

Loving	ਪ੍ਰੀਤ
Selfless	ਨਿਆਉ
Devout	ਭਾਣਾ ਮੰਨਨਾ
Brave	ਸਿਰਜਣਹਾਰ
Stand up for Justice	ਨਿਮਰ
Creative	ਸੁਜਾਨ
Leader	ਨਿਰਭਉ
Accept God's will	ਪ੍ਰੇਰਣਾ
Inspire	ਗੁਰਮੁਖ
Wise	ਪਰਧਾਨ



**Bebe Nanaki Ji:** As you discuss Bebe Nanaki Ji, be sure to mention that she was the first person to realize the light within Guru Nanak Dev Ji and hence, became the first Sikh. Younger children may only be able to draw an image of someone they love. The older children can write a few sentences describing the person they love or why they love them the most in the space provided on the bottom of the page. Encourage the children to write in Gurmukhi if possible.

**Mata Khivi Ji:**



**Bibi Amro Ji:** Use this activity to discuss the importance waking up at Amrit Vela to do Simran/Path. You can start the activity by describing what happens at Amrit Vela  
“The sun has not yet risen, the birds are about to wake up, most creatures are still asleep, it is very quiet and peaceful. The whole of Creation seems to be resting, except a few Gursikhs, who are reciting Naam. The air is crisp and the environment is filled with peace.”  
Then ask the students to draw a few of the things that may be going on during Amrit Vela.

**Bibi Bhani Ji:**

Not Accepting Hukam : Example of text in callout “I wanted so bad to be first”

Accepting Hukam : Example of text in callout “I am so happy for the first place winner!”

**Extension activity:** Can play a game called **Follow The Leader** to help practice accepting even some difficult or seemingly odd tasks with a smile on our faces. How to play:

1. Choose one person to be the leader
2. The leader gives various tasks to other playmates who have to follow them without complaining, with smiling faces
  - Try to make some tasks easy (ex. Walk in a straight line)
  - Others difficult (ex. Hop on one leg backwards)
  - Yet others fun/silly (ex. Look to the right and hold your left ear while spinning in circles)
3. First person to complete 5 tasks in a row with a smile on their face wins and can help out the leader in coming up with more tasks
4. Everybody else who either complained or forgot to keep smiling has to keep following the leader until they complete 5 tasks in a row with smiling faces and without complaining.





**Bibi Roop Kaur Ji:** Encourage the students to be as creative as possible. The teacher can create something of their own to give examples to the class.

**Extension:** If conducting in a classroom setting, split in 2 groups and have one group work on qualities of Gursikh Kaur and second group on those of Gursikh Singh. Then compare the types of qualities and discuss any stark differences that might appear, especially paying attention to any gender specific stereotypes or biases.

**Mata Sunder Kaur Ji:** Encourage the students to include the traits of a Gursikh as ingredients, and then create the recipe that includes actions that might allow one to become a great leader, ex. regular Simran.

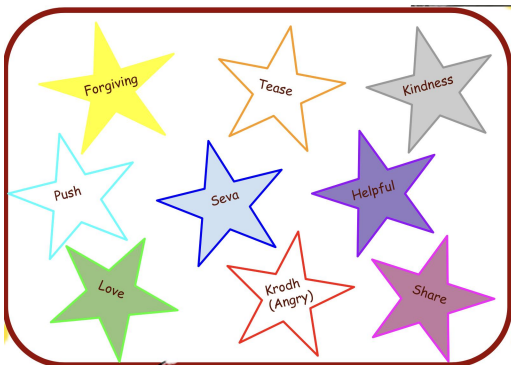
### Rani Sada Kaur Ji:



**Rani Sada Kaur Ji:** One of the goals of this activity is to teach the children the concept that everything we know, is a gift from Waheguru ji, and we must remain humble while learning new things or gaining wisdom.

**Extension:** Have the students start a journal where each day they can draw/write 1-2 things that Waheguru Ji has taught them.

### Mata Sahib Kaur Ji:



**Mata Bhaag Kaur Ji:** Be sure to highlight some actions that are not typically thought of as bravery, for instance, trying a new food or not hurting the spider that makes its way into the house etc.

**Trying New Things Activity :** Encourage the students to think outside their comfort zone, like trying a food they don't like at all, or being more outspoken if they are shy etc.

**Mata Gujri Ji:** For the younger kids, you may need to explain what inspire means. To inspire somebody can mean to encourage them to do something or create something of importance.

