

The 5Ks

Kanga - ਕੰਘਾ



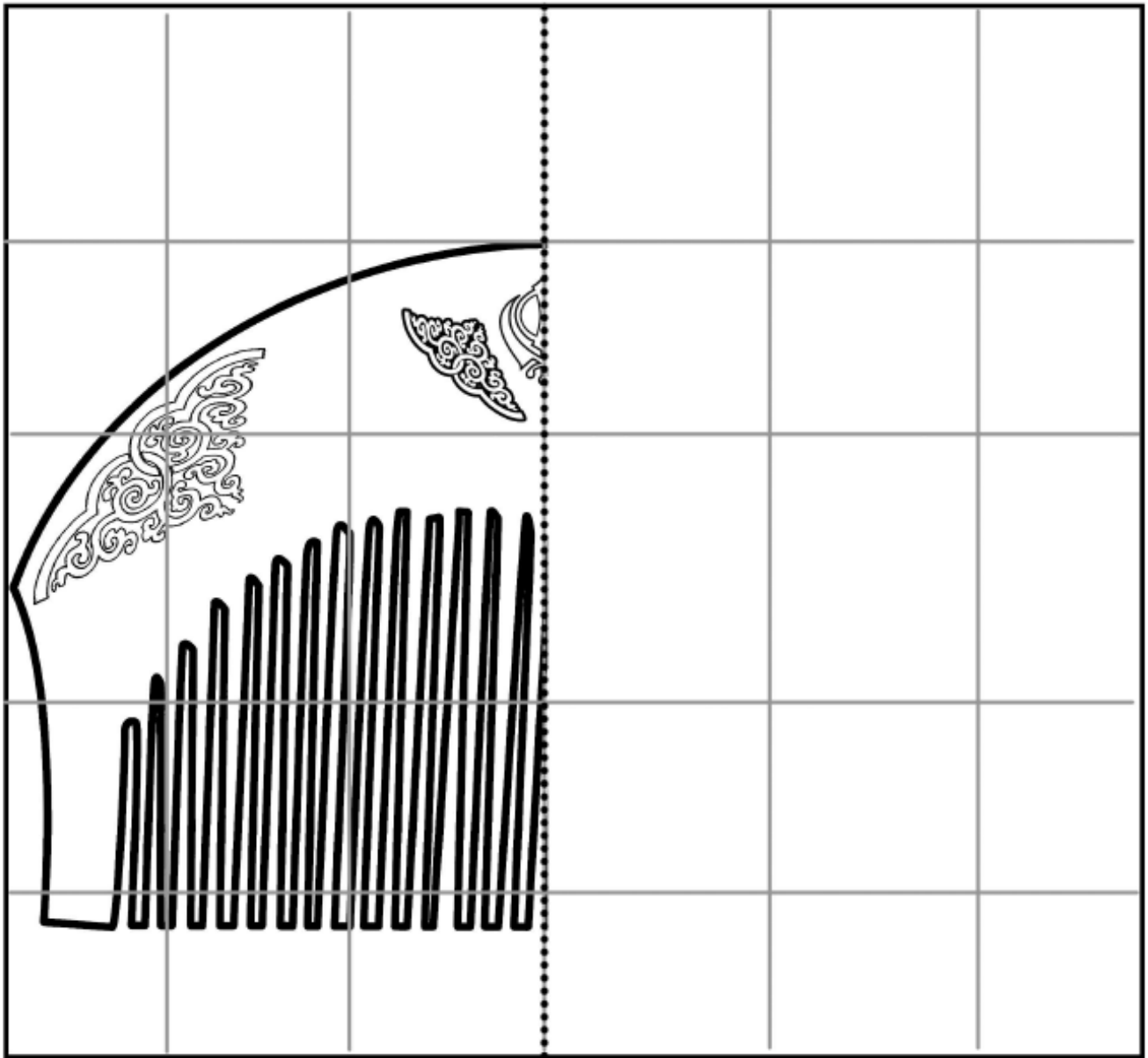
The Kanga is a holy wooden comb that is kept tucked in the Kes tied up on our head.

We use the Kanga to comb our Kes twice a day to keep ourselves tidy!

The Kanga reminds that just as it is important is to keep the body clean and smart, it is always important to keep one's mind and thoughts clean and tidy with Gurbani.

The 5Ks Symmetry

Kanga - ਕੰਘਾ



Our Kanga take care of the most important part of our identity: our

KES (uncut hair)!

This reminds us how important it is to love and look after our Kes!

The 5Ks

Kirpaan - ਕ੍ਰਿਪਾਨ

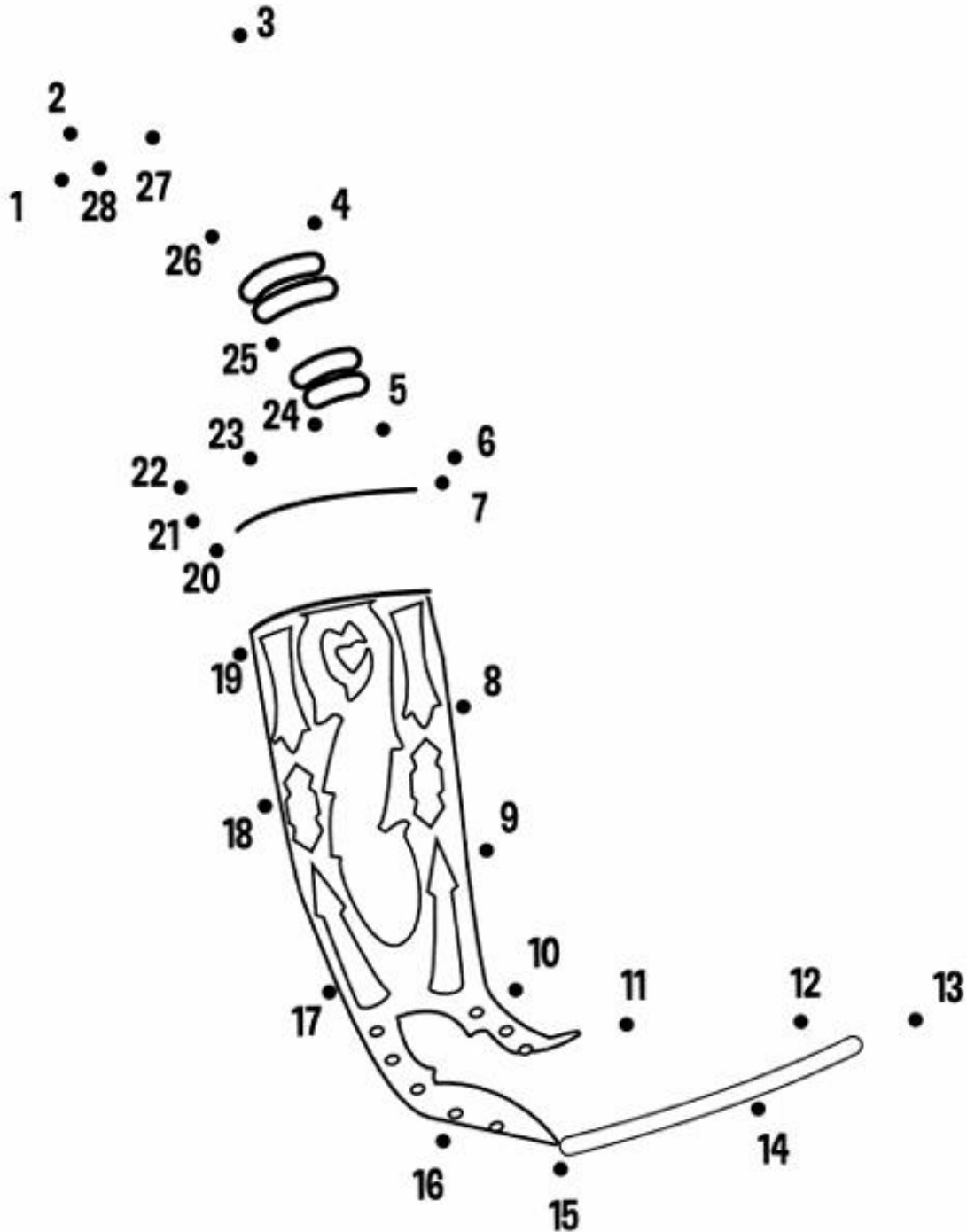


The Kirpan is a holy sword. It is no ordinary sword, but the special sword of peace, kindness, and protection!

The Kirpan has been given as a gift to remind us that we have been given a special duty to defend others, stand up for what is right, and defend helpless innocent people in need.

The 5Ks Dot to Dot

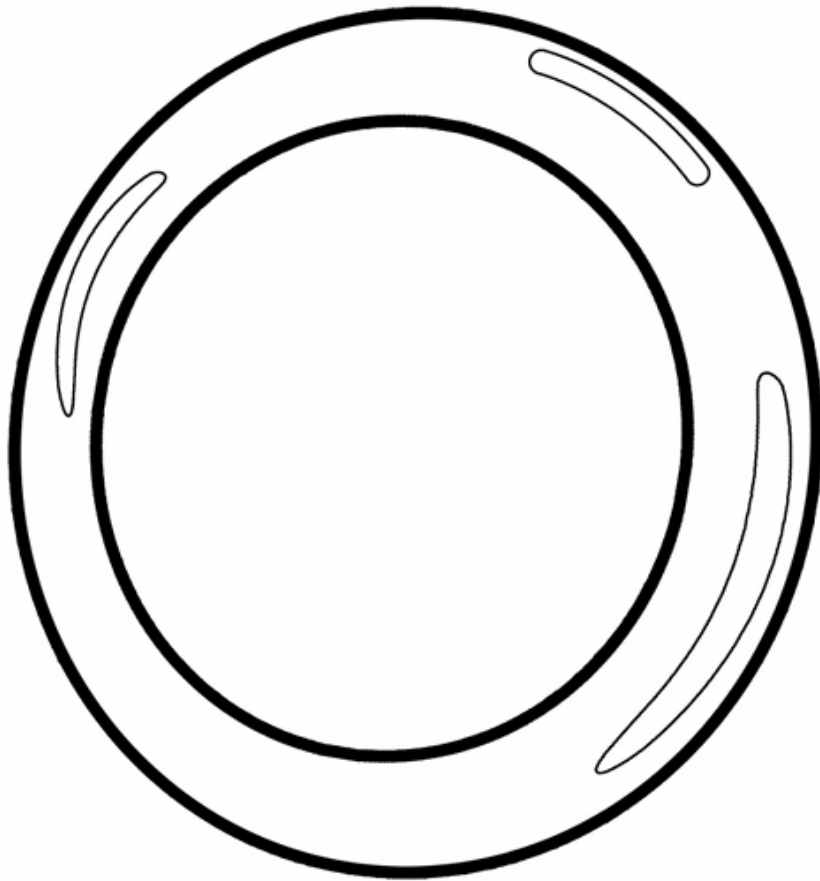
Connect the dots then colour in the hidden picture!



The Khalsa is the Army of Vaheguru. Just as the Police and Army keep weapons to protect others and keep peace, the Kirpan reminds us that we are Peace Keepers who stand up against injustice.

The 5Ks

Kara - ਕਰਾ

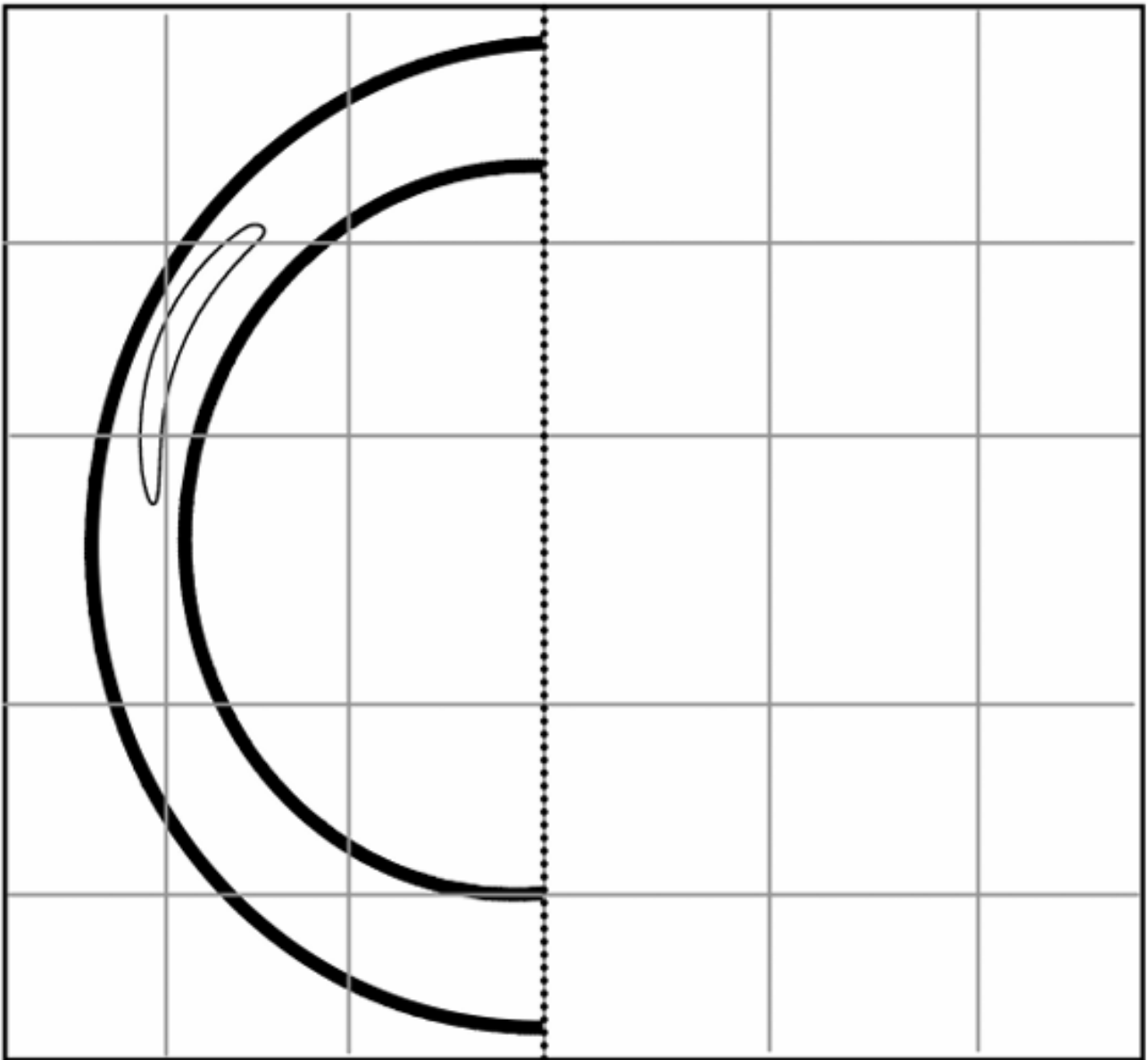


**The Kara is an iron bangle worn on our wrist. It is worn as
commitment that our hands belong to Guru Ji.**

**It reminds us to do the things that Guru Ji wants us to do, and not to
do the things that Guru Ji doesn't want us to do.**

The 5Ks Symmetry

Kara - ਕਰਾ



The Kara is made of iron (Sarab-loh) which reminds us that our love and commitment to Guru Ji should be as strong as iron, which never breaks or bends.

The 5Ks

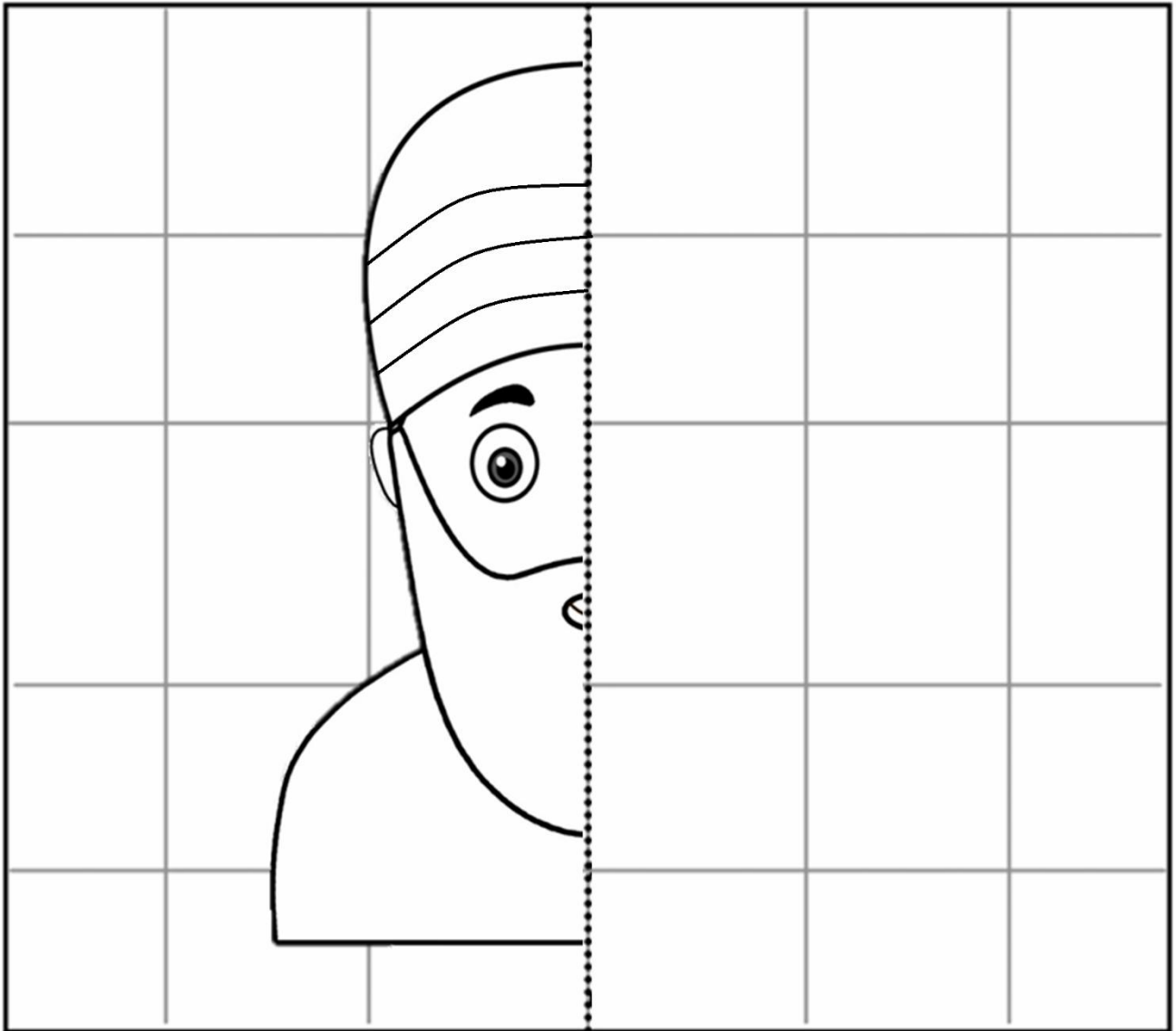
Keski - ਕੇਸਕੀ



Keski is a small turban that covers the sacred Kes (hair) on our head. It is not a hat, but a crown that makes us feel Guru Ji's hand is always on our head, protecting us like a true friend. It reminds us to be beautiful people and represent Guru Ji in the best way to the world.

The 5Ks

Keski - ਕੇਸ਼ੀ



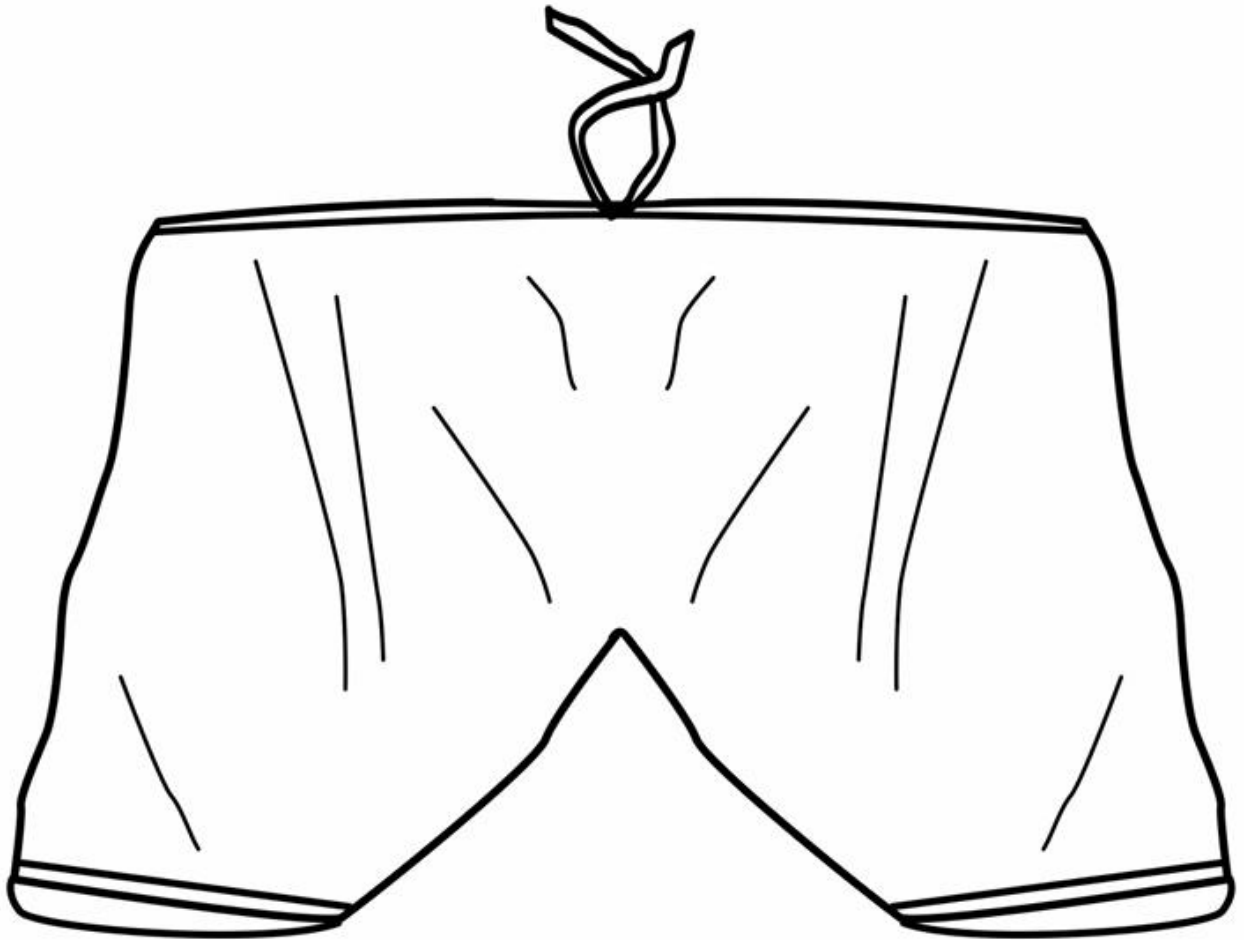
The colour of the Keski should be the same colour as the Khalsa flag.

When Guru Ji blessed the Panj Pyaare with Amrit he gave them a blue Keski as a gift.

The Keski is always kept attached to the body and never parted with.

The 5Ks

Kachhera - ਕਛਹਿਰਾ



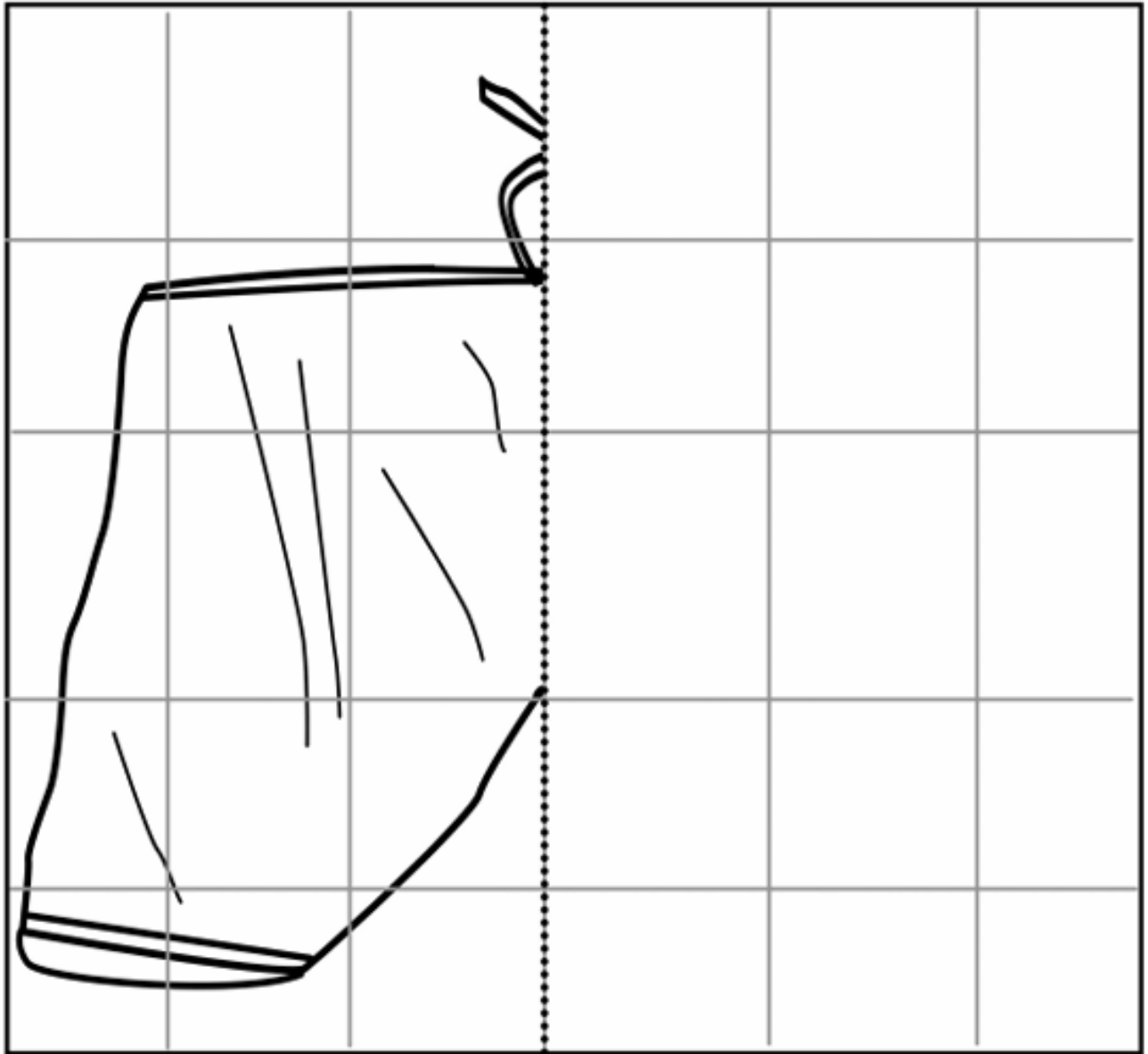
The Kachhera is a specially tailored long draw-string shorts made of cotton.

It is white colour to remind us to be pure.

It also reminds us that our personal space is sacred.

The 5Ks Symmetry

Kachhera - ਕਛਹਿਰਾ

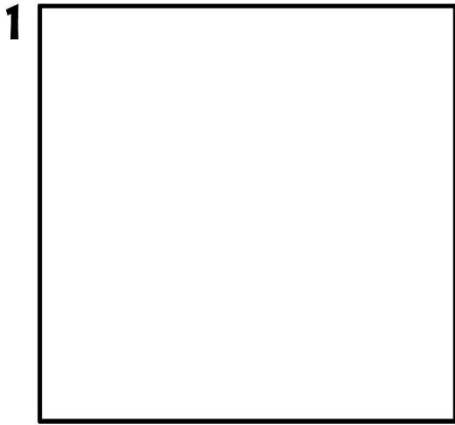


The Kachera reminds us that our emotions and feelings have to be kept controlled and tied up like the knot that ties up the Kachhera.

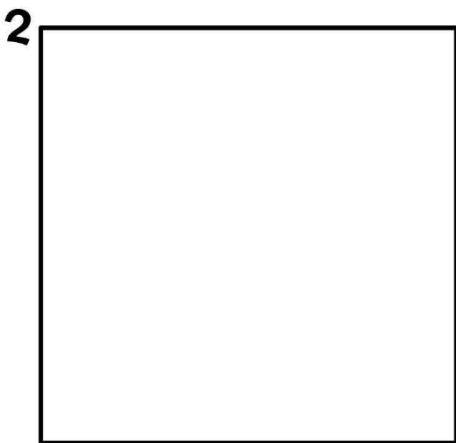
It is reminds us never to do anything that will embarrass us at the end.

The 5Ks

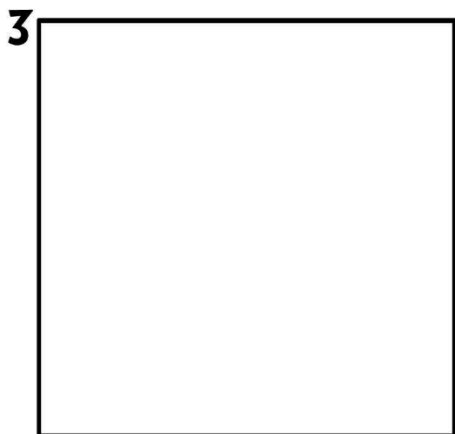
An Amritdhari Sikh always carries the 5Ks on them at all times!
See if you can label and draw them below...



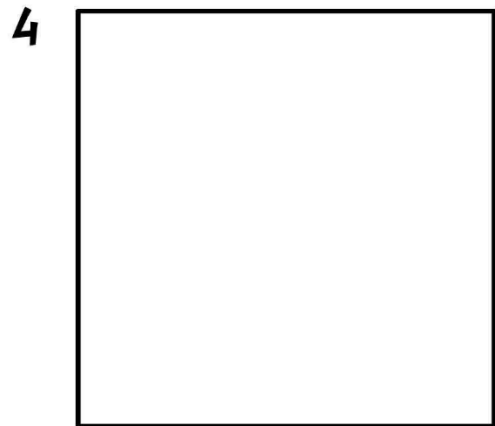
K.....



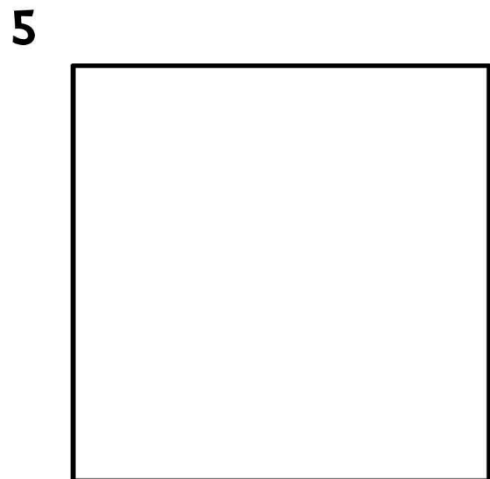
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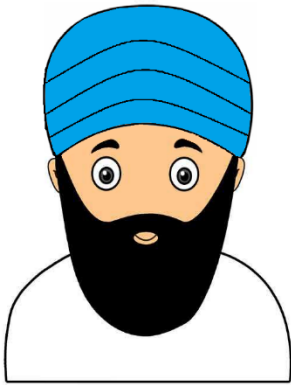
K.....

The 5Ks

Can you find the right word to match the picture? Draw a line to link each pair.



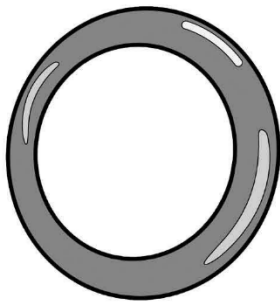
Kara



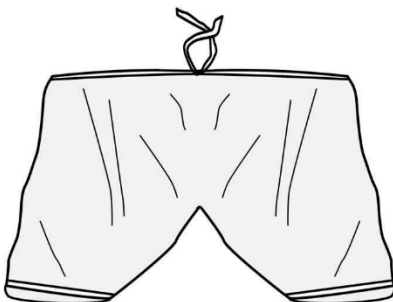
Kachhera



Kirpaa



Keski



Kanga