

Lil' BB Camp 2017



My Lil' BB Book

This book belongs to

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh!

Jee Aaya Nu!

Dear Parents,

Welcome to Lil BB Camp 2017! Thank you for taking time out to join us for Lil Bahadur Bachey 2017. With Guru Ji's kirpa, this week, we will explore the world of *Ek Daata - the Only Giver*, through actions and movements, art and craft, drama, sakhis, rhymes and music. We will also explore Japji Sahib, focussing on the Mool Mantar and the first 5 Pauris.

This Lil BB Book serves to build on ideas your child will encounter in this day camp. It contains useful material to bring to life learning that happens in sessions, to bring back to extend at home. We encourage you to enjoy the suggested activities at home so as to deepen your child's learning and love for Guruji.

Let's work together to make this camp a wonderful experience for our children, in helping each other to become closer to Guruji.

We welcome all ideas and feedback.

In Guru Ji's Sewa,
Team Lil' Bahadur Bachey



Little Sikhs™
www.littlesikhs.com

Key Guiding Principles for Parents

The following are some important guidelines for all who attend our Lil' BB Camp 2017, in order to create a fulfilling experience for you and your child.

- Please participate and be involved in all activities.
- Do switch off your mobile phone or put it on silent mode.
- Please encourage your child to participate in all activities.
- Be prepared to get messy during art and craft.
- Please let us mediate and enforce discipline with other children.
- Let's encourage the children to be in the moment as far as possible.
- ****Please do not leave without informing the facilitator / coach or your child.****

Important Information

- Reporting time: To facilitate a smooth registration process, please bring your kids to:
The Main Foyer
Central Sikh Temple
2 Towner Road,
Singapore 327804
on 14th June 2017 at 8 a.m. Registration will close at 10 a.m.

Please Note: If you do not see the registration counter at the main foyer after 10am, please proceed to the Bahadur Bachey Admin Room in the Langar Hall (S3 Room).

- Day camp timings: 9am - 5.30pm
- Do bring along a scarf / patka to cover your head, as well as a water bottle.

Lil' BB Programme

(Please be advised that this may be subject to change)

DAY 1: Mool Mantar 14TH JUNE (WEDNESDAY)		
09:00 - 10:00	REGISTRATION	L1 (Foyer)
10:00 - 10:30	WELCOME AND GET TO KNOW YOU	L4
10:30 - 11:00	TEA BREAK	L4
11:00 - 11:30	WELCOME AND GET TO KNOW YOU (Part 2)	L4
11:30 - 12:00	INTRODUCTIONS	L4
12:00 - 13:00	LUNCH	L1 (Langar Hall)
13:00 - 13:45	INSPIRATIONAL PRAYER SESSION (IPS)	L4
13:45 - 14:45	CURRICULUM SESSION	L4
14:45 - 15:45	GAMES	L1 (Langar Hall)
15:45 - 16:30	TEA BREAK	L1 (Langar Hall)
16:30 - 17:00	CURRICULUM SESSION	L4
17:00 - 17:30	WRAP UP	L4
17:30	END OF DAY 1	L4

DAY 2: Hukam 15TH JUNE (THURSDAY)		
09:00 - 09:30	REGISTRATION	L4
09:30 - 10:00	WELCOME AND RECAP	L4
10:00 - 10:30	CURRICULUM	L4
10:30 - 11:00	TEA BREAK	L4
11:00 - 12:00	CURRICULUM SESSION	L4
12:00 - 13:00	LUNCH	L1 (Langar Hall)
13:00 - 13:45	INSPIRATIONAL PRAYER SESSION (IPS)	L2 (Darbar Sahib)
13:45 - 14:45	CURRICULUM SESSION	L4
14:45 - 15:45	GAMES	L1 (Langar Hall)
15:45 - 16:30	TEA BREAK	L1 (Langar Hall)
16:30 - 17:00	CURRICULUM SESSION	L4
17:00 - 17:30	WRAP UP	L4
17:30	END OF DAY 2	L4

**DAY 3: Gratitude & Seva
16TH JUNE (FRIDAY)**

09:00 - 09:30	REGISTRATION	L4
09:30 - 10:00	WELCOME AND RECAP	L4
10:00 - 10:30	CURRICULUM	L4
10:30 - 11:00	TEA BREAK	L4
11:00 - 12:00	CURRICULUM SESSION	L4
12:00 - 13:00	LUNCH	L1 (Langar Hall)
13:00 - 13:45	INSPIRATIONAL PRAYER SESSION (IPS)	L2 (Darbar Sahib)
13:45 - 14:45	CURRICULUM SESSION	L4
14:45 - 15:45	GAMES	L1 (Langar Hall)
15:45 - 16:30	TEA BREAK	L1 (Langar Hall)
16:30 - 17:00	CURRICULUM SESSION	L4
17:00 - 17:30	WRAP UP	L4
17:30	END OF DAY 3	L4

**DAY 4: Oneness of Guru Ji
17TH JUNE (SATURDAY)**

08:00 - 08:30	REGISTRATION	L4
08:30 - 12:30	OUTING	
12:30 - 13:30	LUNCH IN GURDWARA	L4
13:30 - 14:00	WELCOME AND RECAP	L4
14:00 - 14:30	CURRICULUM SESSION	L4
14:30 - 15:30	PREPARATION FOR FINAL IPS	L4
15:30 - 16:15	WRAP UP	L4
16:15 - 17:00	INSPIRATIONAL PRAYER SESSION (IPS)	L2 (Darbar Sahib)
17:00	END OF DAY 4	L2 (Darbar Sahib)

*Day 4:

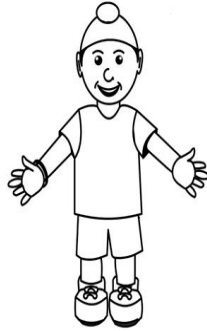
- Please bring a pair of socks along for each child and adult going for the outing.
- Please pack snacks for your child to munch on during the outing.
- Do bring along your child's bana / kurta / Punjabi suit, as we will attend the final inspiration in our Khalsa finery. ☺

Gurdwara Sahib Etiquette



Little Sikhs.
www.littlesikhs.com

©Sona Media LLC Drawing by Kamal Kaur LS104_1110



Little Sikhs.
www.littlesikhs.com

©Sona Media LLC LS101_1110

Cover your head with a scarf / patka in all parts of the Gurdwara Sahib.



“Guru Granth Sahib”

Metha tek with love and respect, and sit quietly in the Darbar Sahib.

Langar Sahib Etiquette



Do Naam Simran while waiting for your langar.



Take enough langar - not more, not less.

Langar Ardaas

Dhadhaa dhaathaa eaek hai sabh ko dhaevanehaar ||

Dhaedhae thott na avee aganath bharae bhanddaar ||

Jis dhaa dhithaa khaavanaa this keheei saabas ||

Naanak hukam na chalee naal khasam chalai ardaas ||

Parents Workshop - 17 June, 5-7.30pm, Level 4 CST

Aims:

- Tips and tricks on how to better understand the needs of your children
- How to support children in their every endeavour
- To understand "why we do what we do."
- How parents can create positive habits in children through positive reinforcement
- Sharing success stories

Facilitator: Ms Laakhwinder Kaur (professional counsellor, executive coach, mediator & facilitator)

Emotional Intelligence and the Science of Behaviour

- What it is
- How it will increase your own effectiveness, allowing you to support and develop this competency in your children!

Sharing success with each other

We also have the honour and privilege to be joined by some amazing athletes/artists and their parents who will share with you some of the lessons they learned while supporting each other as they pursued success in their passions, in both sport and the arts:

- Ms Balpreet Kaur and her mother, Ms Dhanjeet Kaur
Balpreet has had an illustrious career in track and field, setting national records and even represented Singapore at the World Championships in 2009 for the 100m sprint!
- Mr Jaspal Singh, Mr Ishwarpal Singh and their mother, Ms Sukhdevi Kaur
The Grewal brothers have been ruling the hockey scene since young, won Silver in Hockey at the 2015 SEA Games and are now training hard for SEA Games 2017!
- Mr Gavinpal Singh and his parents, Mr Kuldip Singh and Ms Saranpal Kaur
Gavin has only been swimming since he was 4 years old and swimming competitively 3 years ago. In April 2017 Gavin wrote a swimming competition record at the 58th School Nationals for the 50M Fly/50Free Event!
- Ms Kalvinder Kaur
Kalvinder has mastered multiple musical instruments and even composed several pieces for her Raffles Girls School's Indian Orchestra's graduating performance in her final year!

Sakhi: Faith in God - Prehlaad and Harnaakash

There once was a great king named Harnakash. He was given a gift from Lord Shiva who said that he would not be killed inside or outside. He could not be killed by a man or by an animal. He could not be killed at daytime, or nighttime. He could not die in heat or cold.

He became a cruel ruler and made everyone chant his name instead of Ram (God). His own son, Prahlad, refused to chant his name and would chant Ram's name instead.

Harnakash made many attempts to have his son killed, but every time, the child was miraculously saved. He became even more angry and had a pillar lit on fire with a huge flame.

He told Prahlad "You don't chant my name like everyone else, you say that God is in everything. Well, if God is in everything then God is also in the pillar. Go over to the pillar and give it a hug if it is also your God."

Prahlad made a prayer to God. "Oh, my beloved, please save me. You are in my heart and I am always with you." Prahlad, with his pure faith, went over to the white hot pillar and gave it a hug.

By divine grace, he wasn't burnt at all. Hearing the prayer of this devoted child, God assumed a form and burst out of the pillar. God appeared in the form of a man lion called Nar Singh to release Harnakash.

He told Harnakash, "I will kill you now because it is not day or night, it is dusk. I am not a man or an animal, I am neither. We are not inside or outside, we are on the threshold."

And so Nar Singh killed Harnakash for his treachery. Prahlad was saved.

God always protects the honor of the devotees.

Acknowledgements:
<https://www.sikhnet.com/stories/audio/prehlaad-and-harnaakash>

Sakhi: Following HUKAM

Sri Guru Angad Dev Ji, our second Guru Ji, taught us how to be obedient Sikhs by following Guru Ji's Hukam, which is to follow Guru Ji's orders or instructions.

Before Sri Guru Angad Dev Ji became the second Guru Ji, he was known as Bhai Lehna Ji. Bhai Lehna Ji spent a lot of time with Sri Guru Nanak Dev Ji and did whatever he was told to do, without questions asked.

One winter night, it rained very heavily. A part of the wall of Sri Guru Nanak Dev Ji's house fell. Guru Ji said that it must be rebuilt at once. He asked his sons to rebuild the wall. They refused and said, "It is midnight. It is dark and cold. We ask someone else to do it in the morning." Guru Ji replied, "As Sikhs, we must do it ourselves. It must be done right now." Guru Ji then looked at Bhai Lehna Ji, who immediately got up to build the wall. Guru Ji made him build the wall several times but Bhai Lehna was obedient and listened to his Guru Ji's Hukam.

Another time, Sri Guru Nanak Dev Ji's cup fell into a tank of muddy water. He asked his sons to pick the cup up. His older son, Sri Chand, refused to do the job. His younger son, Lakhmi Chand, refused to obey as well. Then Guru Ji turned to Bhai Lehna and said, "Lehna Ji, go and bring the cup." Bhai Lehna said, "Sat bachan, Ji (Yes, Sir)." Bhai Lehna went and recovered the cup without caring about his clothes getting soiled with mud.

Sri Guru Nanak Dev Ji tested Bhai Lehna Ji a few more times. Bhai Lehna obeyed Guru Ji's Hukam with humility and love. Guru Ji was very happy with him and said, "Bhai Lehna Ji, you have become as dear to me as my own self. You are my *Angad*, a part of my *Ang* or body." When the time came, Sri Guru Nanak Dev Ji made Bhai Lehna Ji the next Guru Ji.

Thus through work and obedience to Guru Ji's Hukam, Bhai Lehna Ji became Sri Guru Angad Dev Ji, the second Guru Ji of the Sikhs.

Sakhi: Sri Guru Amar Das Ji's SEVA

Before Sri Guru Amar Das Ji became the third Guru Ji, the Sikh Sangat used to address him as Baba Amar Das Ji or Sri Amar Das Ji. Baba Amar Das Ji was devoted to Sri Guru Angad Dev Ji and was always doing Seva.

Every single day, four to five hours before the sun rose, he would go to the river with a pitcher on his head to get water for Guru Ji's bath, even when it was freezing cold and raining heavily. He was more than sixty years old at that time. After giving Guru Ji his bath water, he would then work in Guru Ji's *langar*, from collecting firewood from the forest to cleaning and washing all the plates and pans.

Baba Amar Das Ji was always doing Seva. Some people made fun of him and called him homeless, but he was not homeless. He told these people, "You do not know what you are talking about. I am not homeless! Guru Ji is my home; Guru Ji is the home for all." Sri Guru Angad Dev Ji knew what Sri Amar Das Ji was doing - he was completely in love with serving his Guru Ji, the same way Sri Guru Angad Dev Ji had served Sri Guru Nanak Dev Ji.

In front of the sangat, Sri Guru Angad Dev Ji hugged Sri Amar Das Ji and said, "My Amar Das is the home for the homeless, protector of the weak, and hope for everyone." He then got Sri Amar Das Ji ready and bowed before him. He then announced, "Sri Amar Das Ji will henceforth be Sri Guru Amar Das Ji. He will be the Guru Ji after me."

The Gurus Song

Sikh Nursery Rhyme

There is an action to go with the name of each Guru ji. The actions teach children facts about the Gurus lives and their legacy.

Lyrics	Action	Meaning
First Guru is Guru Nanak Dev Ji	Hold up your index finger	One Vaheguru for the whole world
Second Guru is Guru Angad Dev Ji	trace ੲ and ੳ on your palm	Guruji created Gurmukhi script for all Sikhs
Third Guru is Guru Amar Das Ji	flip the roti in your hands and pretend to stir a pot of dal	Guruji was known for His humble seva
Fourth Guru is Guru Ram Das Ji	dig the ground as if you're digging out the sarovar of Sri Harimandir Sahib	Guruji initiated and supervised seva of Harimandir Sahib
Fifth Guru is Guru Arjan Dev Ji	put your hands from your elbows to your palms together and then open your hands up as if you're opening Sri Guru Granth Sahib Ji	Guruji initiated and supervised compilation of Sri Guru Granth Sahib Ji
Sixth Guru is Guru Hargobind Ji	cross your hands in front of your chest	like two swords Miri & Piri, concept of Saint-Soldier introduced by Guruji
Seventh Guru is Guru Har Rai Ji	pretend to stroke an animal	Guruji was known for His compassion for nature and animals
Eighth Guru is Guru Harkrishan Ji	put your hands in front of your mouth as if you're being given water to drink	Guruji sacrificed himself to save the sangat from smallpox
Ninth Guru is Guru Teg Bahadur Ji	sit up straight, close your eyes and put your hands on your knees as if you're meditating	Guruji was in Samadhi for 20 years
Tenth Guru is Guru Gobind Singh Ji	lift one hand over your head as if you're saying "Bole So Nihaal!"	Guruji formed the Khalsa panth and gave all Sikhs their Khalsa identity
Eternal Guru is Guru Granth Sahib Ji	put your hands together and bow your head	We pay respect to Guruji in all gurdwaras, today and tomorrow
Eternal Guru is Guru Khalsa Panth Ji	put your hands together in front of your chest as if you're saying "Vaheguru ji ka Khalsa, Vaheguru ji ki Fateh!"	We are one Khalsa panth, and this is how we greet each other

Acknowledgements:

Original composition and recording by Baljinder Singh Khalsa. Actions, narration & editing by Bibi Sukhmani Kaur, filming by Raj Hundal.

Many thanks to the children and parents of the Southall branch of Kiddie Sangat.

<http://www.kiddiesangat.com/the-gurus-song-sikh-nursery-rhyme/>

We are the Khalsa

Sikh Nursery Rhyme

<i>Lyrics (2 x each)</i>	<i>Action</i>
We are the Khalsa	Lift arms over you, with hands in fist
Mighty, mighty Khalsa	Hands on shoulders
Everywhere we go	March on the spot, turning in a circle
People want to know	Finger on nose
Who we are	Hands on shoulders, hands up
So we tell them	Hands up, opening and closing
We are the children of	Arms in front of chest, as if cradling a baby
Guru Gobind Singh Ji!	Stretch arms out and jump! 😊

Acknowledgements:

*The original composition source is unknown,
sound recording and music by Pritpal S Soor.*

Narration by Bibi Sukhmani Kaur

*Filming by Raj Hundal. Many thanks to the children and staff of the Guru Nanak Sikh Academy,
primary phase for assisting with filming.*

Mighty, Mighty Khalsa

(sung to the tune of Incey Wincey Spider)

<i>Lyrics</i>	<i>Action</i>
Mighty, mighty Khalsa	Lift arms over you, with hands in fist
Went up the mountain top	Hands together, pointed above head
To ask Guru Nanak	Right pointer finger out
What life is all about	Hands out in a question
Guru Nanak said	Right pointer finger out
That God is great	Thumbs up
And mighty, mighty Khalsa	Lift arms over you, with hands in fist
Went home to meditate.	Hands folded in front in prayer
Satnam! Waheguru!	

Acknowledgements:
The original composition source is unknown

Karah Prashad



Karah Prashad, a blessing from God (4x)
Sugar and water and flour and ghee,
Enough for you and enough for me (2x)

*Acknowledgements:
The original composition source is unknown*

Bana

Bana, bana
White or blue
Bana, bana
White is true
Bana, bana
I love you
Bana, bana
Waheguru

*Acknowledgements:
The original composition source is unknown*



This booklet contains references to
Sikhi and Gurbani.
Please handle with respect.