

Today 6th July 2023 (A)
The five K's

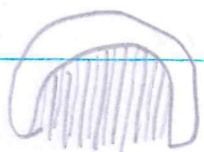
FIVE K'S

Five K's are worn to show their



means hair. Sikhs wear a turban to keep their hair neat because they don't cut their hair.

Do they not cut their hair?



Kara

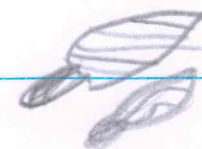


A kara is a circle that you put on your hand but it doesn't have a start or end. This shows that God never had a start and he doesn't end.

Kachera



Kacheras are short trousers that are white underwear. They're not the pants we wear, Sikhs just wear them every day.



Kirpan

Kirpans are little swords to show that Sikhs are always safe. They never use them to hurt anyone.