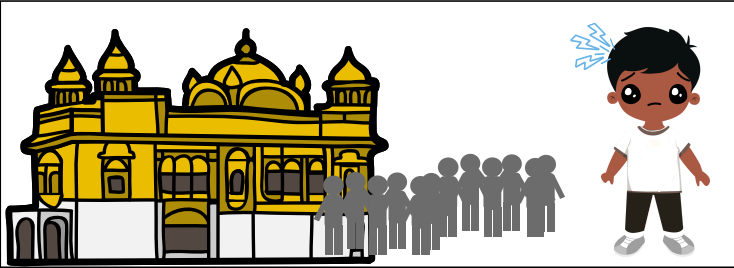


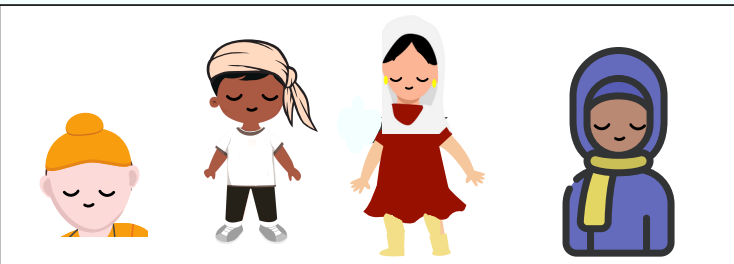
Going to the Gurdwara



Today I am going to the Gurdwara. Going to the Gurdwara is sometimes scary because there are lots of people and noises, and lots of steps to follow.



To help me prepare and feel calm, I do deep breathing, or mum and dad give me tight hugs and squeezes. Deep breathing and squeezes help me feel ready to go to the Gurdwara.



Some of my friends already have their hair covered with a patka or dastar. Because I don't, I will cover my hair with a Chunni or Ramaal before I enter the Gurdwara



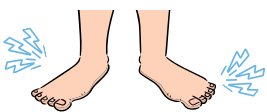
Sometimes I do not like how it feels on my head because it can feel uncomfortable. Mum and dad massage my head to help me prepare to put on my Chunni or Ramaal.



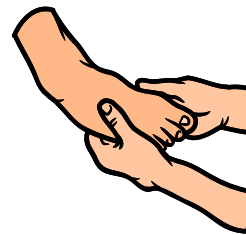
For my friends who wear a Patka/dastar, their parents helped them pick a comfortable material



My Chunni or Ramaal now feels more comfortable and I am ready to enter the Gurdwara



Once I enter the Gurdwara I have to take off my shoes and socks. Sometimes I don't like taking off my shoes and socks because the carpet tickles my feet



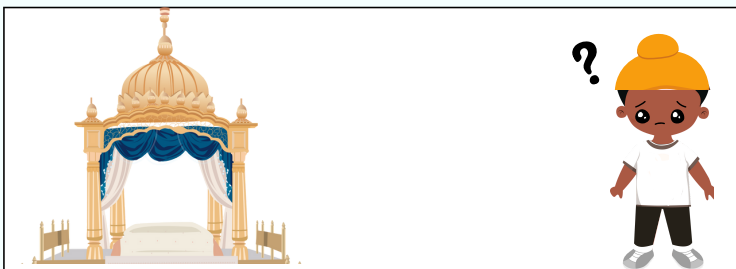
To help me prepare, I give tight squeezes on my feet before the next step



Next, I must wash my hands, feet and face before entering the Darbar Sahib. I can find this difficult as sometimes I don't like how the water feels



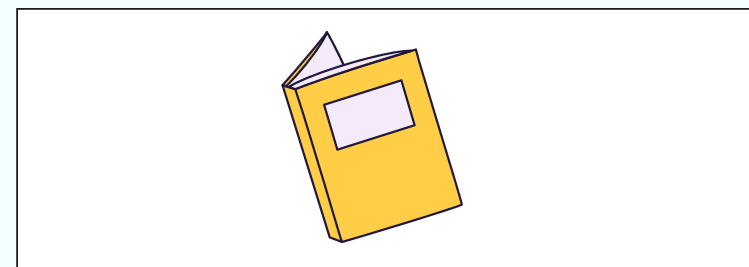
To help me prepare, I give myself tight squeezes. I also use warm water because it feels nicer. I am now ready to enter the Darbar Sahib



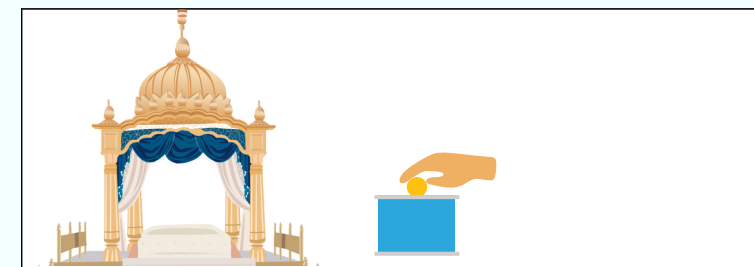
When I enter the Darbar Sahib, there are many steps before I sit down to pray. I can find it difficult to remember all these steps



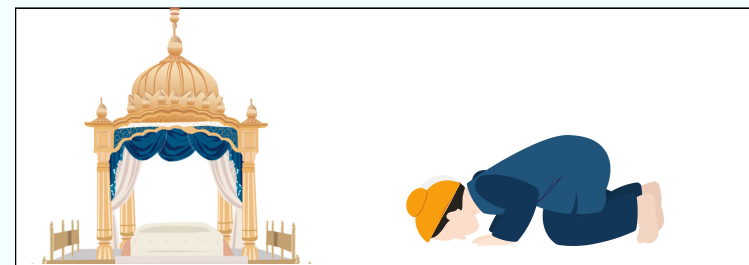
My parents made me a book to remember all the steps. I feel happy that I can use my book to remember all the steps and do the routine with everyone



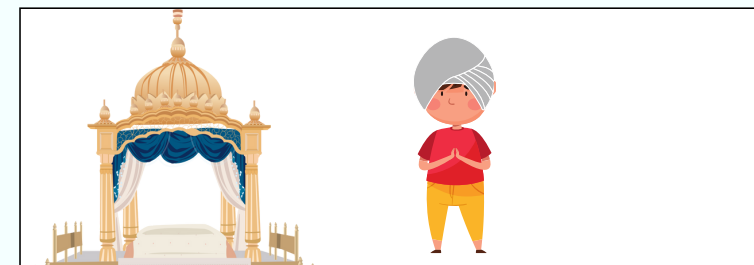
Let me share what's in my book with you as well



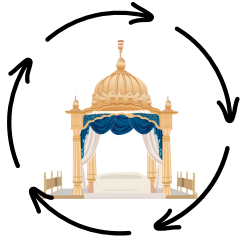
When I enter the Darbar Sahib, Mum and dad tell me I have to walk down the aisle and put money in the box



I then bow in front of Sri Guru Granth Sahib Ji. Mum and dad tell me this is called Matha Tek



Next, I turn to my left and walk all the way around Sri Guru Granth Sahib Ji with my hands together in front of my face



I make sure to complete one circle so that I am standing in front of Sri Guru Granth Sahib Ji.



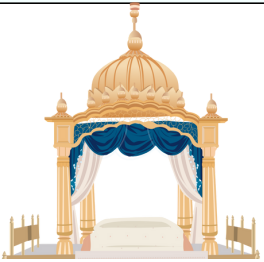
I then do Matha Tek again. Now it is time to find a place to sit down



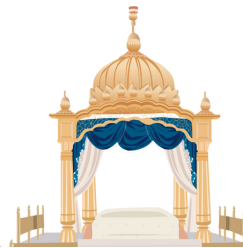
Mum and dad tell me that I must walk backwards to my space. I feel scared walking backwards because I cannot see where I am going



Mum and dad have started to hold my hand when walking backwards. This helps me feel like I know where I am going



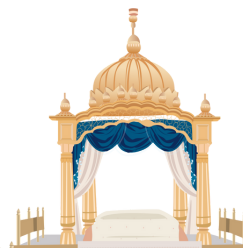
Before I sit down, I must do Matha Tek again.



Now I am sitting down, I can listen to the prayers and the Kirtan



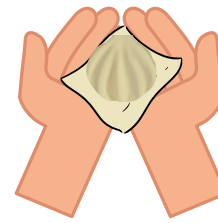
Sometimes I can find the Kirtan to be very loud which can make me feel scared. The prayers can also be very long.



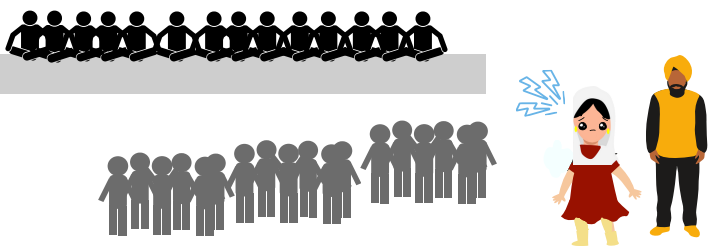
I sometimes use my earplugs so it feels less loud. I can also bring a little toy to play with to help me calm down



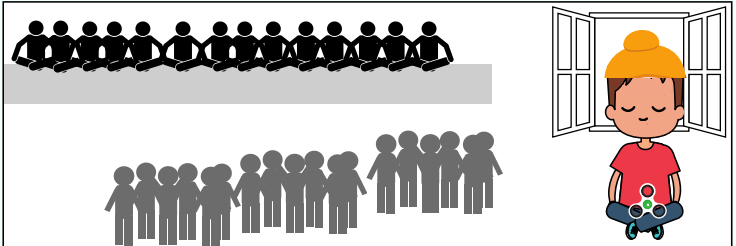
After we are done with prayers, we have to wait for the Granthi to give us a blessing known as Prasad. Prasad can feel sticky in my hands



So that my hands don't feel sticky, I can use a paper towel to hold the Prasad. I can also wash my hands after I eat the Prasad to make my hands feel better



At the end of the prayers, Mum and dad help me go to the Langar Hall with all of our friends. It can feel scary as there are lots of people, noises and smells.



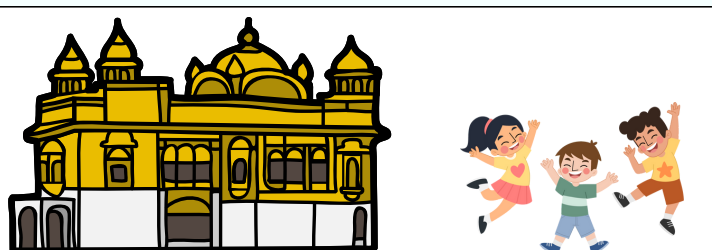
I sit next to the window to help me feel calm around all the smells and people in the Langar Hall. I can also hold my small toy if I get overwhelmed.



Mum and dad encourage me to eat all the different yummy foods and will help me with the foods I can't



Mum and dad now tell me we are finished and it is time to go home. I feel happy and proud because I was able to go to the Gurdwara with my family and do my prayers.



Next time I go to the Gurdwara, I know what I need to do to help me feel calm and happy. I can't wait to go to the Gurdwara again so I can see and pray with all my friends!