ਬੰਦੀ ਛੋੜ ਦਿਵਸ

BANDHI CHHOR DIWAS

ACTIVITY BOOK



For ages 5–12

SCAN FOR THE SLIDESHOW!

View the presentation to help complete the activities.

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READ TOGETHER · ALL AGES

STORY TIME!

Hindus, Jains and Sikhs all celebrate at Diwali time, each for their own reasons. Here is what Sikhs celebrate on Bandhi Chhor Diwas.

1 LOCKED AWAY

Long ago in India, powerful rulers locked weaker kings in prison for no good reason. At **Gwalior Fort**, a giant fortress, **52 kings** were trapped in dark cellars.

2 GURU JI'S PLAN

Emperor **Jahangir** listened to his sneaky minister **Chandu** and imprisoned the 6th Guru, **Sri Guru Hargobind Sahib Ji**. But it was all part of Guru Ji's Divine Plan: to free the kings!

3 PRISON TO HEAVEN

With Guru Ji there, the dark prison turned into a heaven. Every day was filled with beautiful **Kirtan**, and for the first time the 52 kings felt happy.

4 UH OH, JAHANGIR!

Jahangir had terrible nightmares and knew he had made a huge mistake. He rushed to release Guru Ji, but Guru Ji **refused to leave without the other prisoners!**

5 THE CHOLA

Jahangir said only those holding Guru Ji's **chola** (robe) could go. So Guru Ji wore a long chola with **kalian** (tassels). All 52 kings held on tight and walked out free!

6 DIVAS IN AMRITSAR

Guru Ji is the true **Bandhi Chhor**, the Breaker of Bondages. He returned to **Amritsar** at Diwali time, and Sikhs lit **divas** all around the Parkarma to celebrate!

ALL WE HAVE TO DO IS HOLD TIGHT TO GURU JI, AND NEVER LET GO!

AGES 5+

COUNT TO 52!

Guru Ji freed **52 kings** from Gwalior Fort. Join the dots from 1 to 52, then join 52 back to 1. What did the Sikhs light in Amritsar? Color it in!

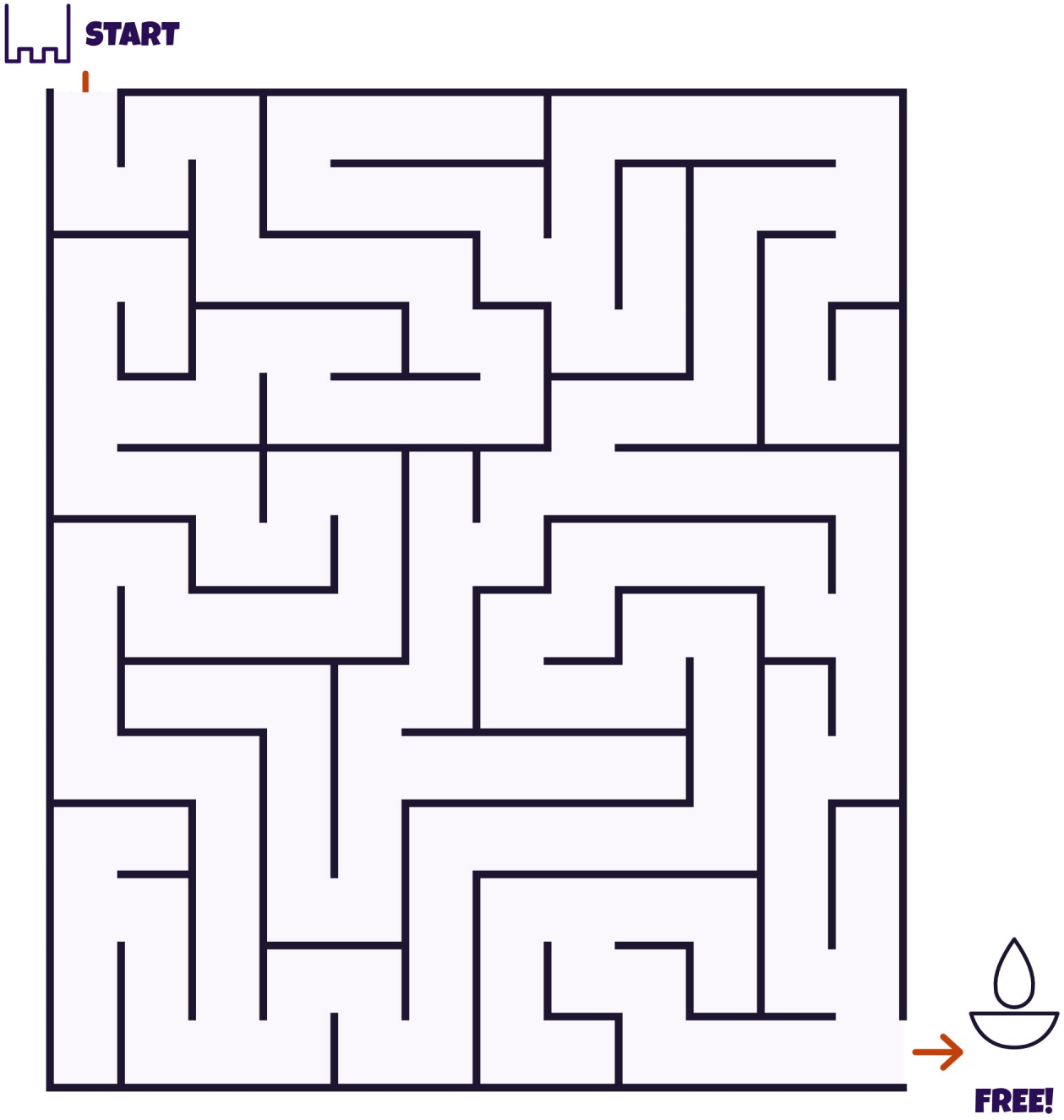


IT'S A _____ Hint: it starts with D!

AGES 5+

OUT OF GWALIOR FORT!

The 52 kings are holding on to Guru Ji's chola. Help them find the way out of the fort and all the way to freedom!

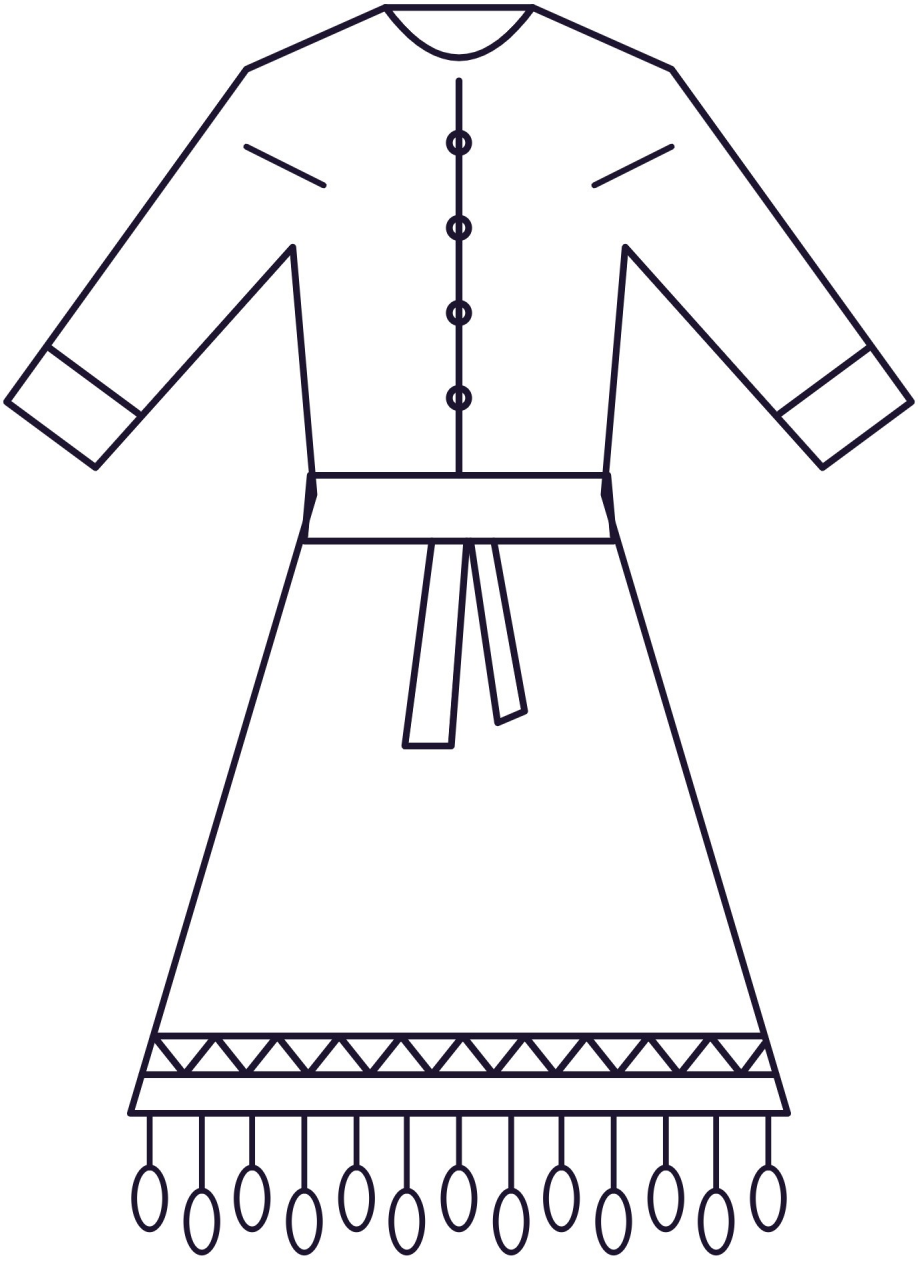


Bonus: Guru Ji walked out with all 52 kings. Draw a little dastaar at the finish for each king you can fit!

AGES 5+

COLOR GURU JI'S CHOLA

Guru Ji's chola had long **kalian** (tassels) so every king could hold on. Color the chola, then draw yourself holding on to a kali, tight!



HOLD TIGHT AND NEVER LET GO!

Guru Ji was about 7 feet tall, so his cholay were huge!

AGES 6+

WHO OR WHAT AM I?

Draw a line from each name to the clue that matches it. Younger kids: ask a grown-up to read the clues out loud!

SRI GURU HARGOBIND SAHIB JI	The emperor who had terrible nightmares
JAHANGIR	The giant fortress used as a prison
CHANDU	The 6th Sikh Guru, the true Bandhi Chhor
THE 52 KINGS	Where divas were lit all around the Parkarma
GWALIOR FORT	The sneaky minister who tricked the emperor
AMRITSAR	They held on to Guru Ji's chola and walked out free

WHAT HAPPENED NEXT?

Oh no, the story got mixed up! Write **1** to **6** in the boxes to put it back in the right order.

☐ Guru Ji walks out of the fort with all 52 kings holding on to his chola.

☐ Jahangir, tricked by Chandu, imprisons Guru Hargobind Sahib Ji at Gwalior Fort.

☐ Sikhs light divas all around the Parkarma in Amritsar to welcome Guru Ji home.

☐ The prison fills with Kirtan, and the 52 kings feel happy for the first time.

☐ Guru Ji says he will not leave without the other prisoners.

☐ Jahangir has terrible nightmares and rushes to release Guru Ji.

DRAW YOUR FAVORITE PART OF THE STORY

Which box number did you draw? _____

AGES 7+

WORD SEARCH

Find all 12 words from the story. Words go **across** or **down**. Tick each one off when you find it!

S	B	C	A	M	R	I	T	S	A	R	H
I	N	N	F	C	H	C	S	N	B	T	A
K	D	H	R	V	V	T	B	T	T	M	R
H	B	H	E	B	K	I	R	T	A	N	G
S	J	S	E	G	W	A	L	I	O	R	O
B	A	N	D	H	I	C	H	H	O	R	B
E	H	J	O	N	G	E	S	D	T	C	I
J	A	S	M	W	U	F	D	T	T	H	N
V	N	G	L	D	R	S	Y	C	T	O	D
B	G	U	G	P	U	W	S	N	K	L	O
K	I	N	G	S	T	O	L	J	H	A	F
Y	R	H	C	T	J	D	I	V	A	R	P

- ☐ BANDHI CHHOR
- ☐ JAHANGIR
- ☐ KIRTAN
- ☐ SIKHS
- ☐ HARGOBIND
- ☐ AMRITSAR
- ☐ CHOLA
- ☐ DIVA
- ☐ GWALIOR
- ☐ FREEDOM
- ☐ KINGS
- ☐ GURU

Hint: BANDHI CHHOR has no space in the puzzle.

AGES 9+

FILL IN THE BLANKS

Use the word bank to finish each sentence. Each word is used once.

Hargobind | Chandu | Gwalior | 52 | Kirtan | nightmares | chola | Bandhi Chhor | Amritsar | divas

1. The 6th Sikh Guru is Sri Guru _____ Sahib Ji.
2. Emperor Jahangir was tricked by his sneaky minister, _____.
3. _____ Fort was a giant prison where _____ kings were locked away.
4. With Guru Ji there, every day was filled with beautiful _____.
5. Jahangir had terrible _____ and knew he had made a huge mistake.
6. Only those who held on to Guru Ji's _____ were allowed to leave.
7. Guru Ji is called _____, the Breaker of Bondages.
8. When Guru Ji came home to _____, the Sikhs lit _____ all around the Parkarma.

THINK ABOUT IT (AGES 10+)

Guru Ji could have left the prison alone. Why do you think he went there on purpose, and stayed until every king was free?

CRACK THE CODE!

There's a secret message from the story! Use the key to swap each number for its letter.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	**O**	**P**	**Q**	**R**	**S**	**T**	**U**	**V**	**W**	**X**	**Y**	**Z**
14	15	16	17	18	19	20	21	22	23	24	25	26

8	15	12	4	20	9	7	8	20

20	15	7	21	18	21	10	9

WHAT COMES NEXT?

The Parkarma is lit up for Guru Ji's return! Look at each pattern and draw what comes next in the empty box.

1 

2 

3 

4 

AGES 5+ · QUESTIONS 10+

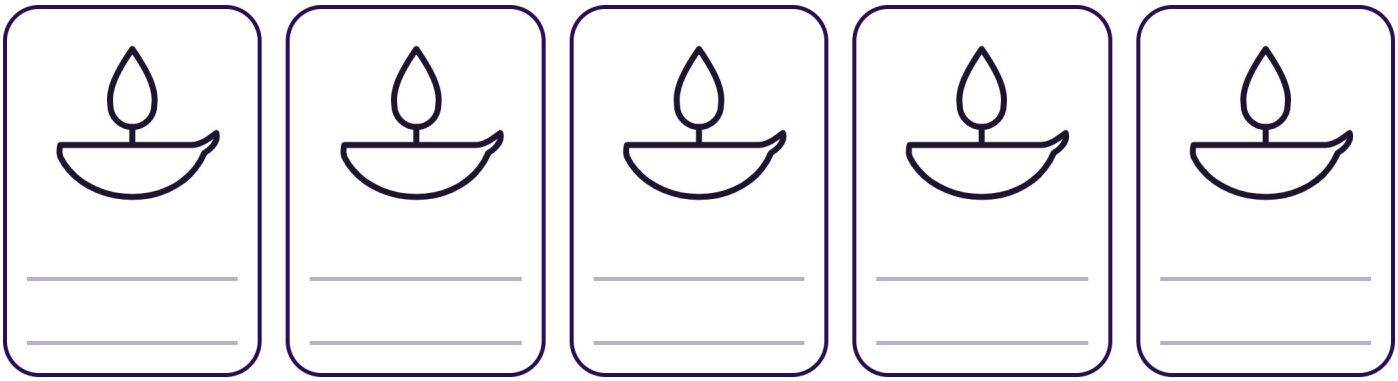
HOLD ON TIGHT!

ANCHAL LAAE SABH SISAT TARAAEE

Holding on to the hem of His Robe, the entire Universe is carried across.

The 52 kings held on to Guru Ji's chola. How can **you** hold on to Guru Ji every day? Write or draw one way under each diva, then color the flames!

Ideas: Simran, Ardaas, Going to Gurdwara, Singing Kirtan



THINK AND WRITE (AGES 10+)

1. Jahangir thought Guru Ji could only save a few prisoners. What didn't he understand?

2. Guru Ji helps us in this world and in the next. When something is hard, how can holding on to Guru Ji help you?

BOARD GAME · 2–4 PLAYERS · AGES 5+

RACE TO AMRITSAR!

Walk out of Gwalior Fort with Guru Ji and race home to Amritsar for Bandhi Chhor Diwas!

1 START: Gwalior Fort	**2**	**3** Guru Ji arrives! Move ahead 2	**4**	**5**	**6** Sneaky Chandu! Go back 1
12 Jahangir has a nightmare. Miss a turn	**11**	**10**	**9** Kirtan fills the fort! Move ahead 1	**8**	**7**
13	**14**	**15** Guru Ji won't leave without the kings! Move ahead 2	**16**	**17**	**18** Hold tight to the chola! Move ahead 3
24 Out of the fort! Move ahead 1	**23**	**22**	**21** Oh no, you let go! Go back 2	**20**	**19**
25	**26**	**27** A long road home. Go back 1	**28**	**29**	**30** FINISH: Amritsar! Light the divas!

Follow the numbers: left to right, then back right to left on the next row.

HOW TO PLAY

You need: a coin, plus a button, bead or bean for each player.

1. Everyone starts on square 1, Gwalior Fort. 2. Take turns flipping the coin: **heads = move 2, tails = move 1.** 3. Land on a shaded square? Do what it says! 4. The first player to reach Amritsar wins and gets to shout "Bandhi Chhor Diwas!"

CRAFT · AGES 6+ WITH A GROWN-UP

PAPER CHAIN OF KINGS

The 52 kings held on to Guru Ji's chola and walked out of Gwalior Fort **together**. Make your own chain of kings holding hands!

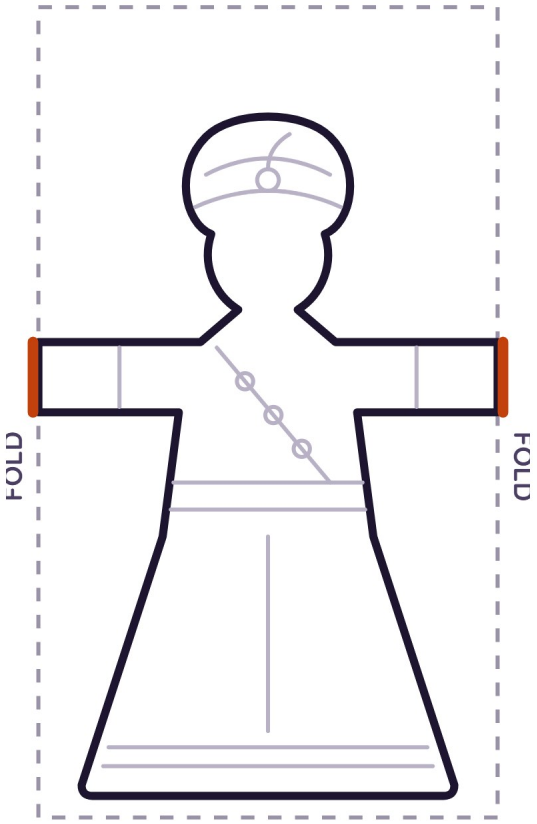
1. Cut out the king template. Then cut a long strip of paper just as tall as the template.
2. Fold the strip back and forth like a fan. Make each fold as wide as the template.
3. Lay the template on top, trace the king, and cut through all the layers. **Don't cut where the hands touch the folds!**
4. Unfold your chain! Color each raja's dastaar and long chola, add buttons and patterns, draw a kalgi (plume) on each dastaar, and give every king a happy face.

CLASS CHALLENGE

Tape everyone's chains together. Can your class make all **52 kings**? Hang them up for Bandhi Chhor Diwas!

You'll need: paper, scissors, crayons, tape

KING TEMPLATE



Orange = hands touch the fold. Don't cut!



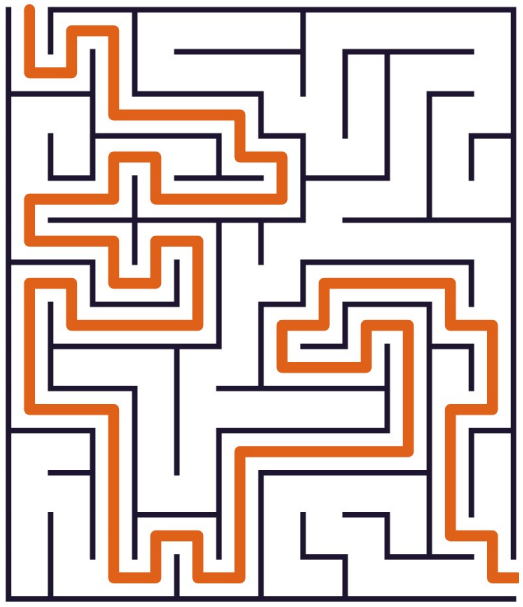
Your chain will look like this when you unfold it!

Answer Key

Word Search · p. 8

S	B	C	A	M	R	I	T	S	A	R	H
I	N	N	F	C	H	C	S	N	B	T	A
K	D	H	R	V	V	T	B	T	T	M	R
H	B	H	E	B	K	I	R	T	A	N	G
S	J	S	E	G	W	A	L	I	O	R	O
B	A	N	D	H	I	C	H	H	O	R	B
E	H	J	O	N	G	E	S	D	T	C	I
J	A	S	M	W	U	F	D	T	T	H	N
V	N	G	L	D	R	S	Y	C	T	O	D
B	G	U	G	P	U	W	S	N	K	L	O
K	I	N	G	S	T	O	L	J	H	A	F
Y	R	H	C	T	J	D	I	V	A	R	P

Maze · p. 4



Who or What Am I? · p. 6

- Guru Hargobind Sahib Ji: the 6th Sikh Guru
- Jahangir: had terrible nightmares
- Chandu: the sneaky minister
- The 52 Kings: held on to the chola
- Gwalior Fort: the giant fortress prison
- Amritsar: divas around the Parkarma

What Happened Next? · p. 7

Top to bottom, the boxes are: **5, 1, 6, 2, 4, 3**

Count to 52! · p. 3

It's a **diva**, the little lamp lit in Amritsar.

Crack the Code! · p. 10

Fill in the Blanks · p. 9

1. Hargobind
2. Chandu
3. Gwalior · 52
4. Kirtan
5. nightmares
6. chola
7. Bandhi Chhor
8. Amritsar · divas

Think about it: Guru Ji went to the prison on purpose, as part of his Divine Plan, to free the kings who had been trapped there unfairly.

Hold On Tight, p. 11, Q1: the **whole world** holds on to Guru Ji's chola. 52 prisoners were nothing for him!