

1. PRACTICE GREETINGS

- **SAT SRI AKAL** = HELLO /GOODBYE
- **THUHADA NAH KI HAI ?** WHAT IS YOUR NAME ?
- **MERA NAH HAI** = MY NAME IS
- **HANJI/NAYJI** = YES /NO
- **TUSI** KINNE SAAL DHE HO ? HOW OLD ARE YOU ?
- **MEH** XX SAL DHI/DHA HA **I'M XX YEARS OLD**

2. PRACTICE BODY PARTS

NOTE ADD AA FOR PLURAL OF AHK/LAHTH/BAH/

EH FOR GOHDAH/MOHDAH

SEER – HEAD

MOHDAH/MOHDEH - SHOULDER/S

AAKHA/AAKH – EYE/S

LAKH – WAIST

MOOH - MOUTH

BAL – HAIR

LAHTH(A) – LEG/S

PEHR – FOOT/FEET

GOHDAH/GOHDEH – KNEE/KNEES

NAKH – NOSE

KUHN – EAR

REMEMBER TO USE RHYMING WORDS TO HELP

MOHDEH /GOHDEH

AKH/NAKH/LAKH

LAHTH/HAHTH

3. PRACTICE THE SONG

MERA SAREER! (MY BODY)

SEER MODEH AHK (AHK teh LAKH)

SEER MODEH AHK (AHK teh LAKH)

Pher BAHL ,MOOH.. PEHR teh LAHTH)

SEER MODEH AHK (AHK teh LAKH)

SEER MODEH AHK (AHK teh LAKH)

SEER MODEH AHK (AHK teh LAKH)

BREAK

SEER GOHDEH AHK (AHK teh NAKH)

SEER GOHDEH AHK (AHK teh NAKH)

Pher KUHN, BULL, DANDH teh HAHTH

SEER GOHDEH AHK (AHK teh NAKH)

SEER GOHDEH AHK (AHK teh NAKH)

SEER GOHDEH AHK (AHK teh NAKH)

Pher KUHN, BULL, DANDH teh HAHTH

SEER GOHDEH AHK (AHK teh NAKH)

SEER MODEH AHK (AHK teh LAKH)

SEER MODEH AHK (AHK teh LAKH)

Pher BAHL, MOOH.. PEHR teh LAHTH)

SEER MODEH AHK (AHK teh LAKH)

EXTRA PARTS OF ARM

BAH KOOHNI NAWH OONGALI (ARM/ELBOW/NAIL/FINGER)

LEARNING TASK LEARN/PRACTICE DAILY

THESE 2 SENTENCES FOR NEXT WEEK

1.MERE DHAS OONGLIA HAI – I HAVE 10 FINGERS

2.MERE KAUL DHO GOHDEH HAI – I HAVE 2 KNEES

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