



JUNIOR HEALTH /EMOTIONS 1 WEEK 8

1. HEALTH RECAP AND PRACTICE

RUN A SURGERY! PLAY WITH A FAMILY MEMBER

DOCTOR AAP KAISE HO?

PATIENT MEH THEEK NAHI HOON!!

**WHO EVER MOST PROBLEMS ILLEST .. WINS A HOLIDAY TO HAWAI!
(DAWA WILL BE SENT THERE!!)**

MERE SIHR/DAANT MEIN DHARDH HAI MY HEAD/TOOTH HURTS

MERA GALLA KHARAAB HAI THROAT IS SORE

MUJHE BHUKHAAR/ KHANSI HAI I GOT A FEVER/COUGH

MUJHE PASEENA /CHAKKAR AA RAHA HAI I AM SWEATING/ DIZZY

**MUHJE OOLTI/UBASI /CHEENK AATI HAI I WANT TO THROW UP
/YAWN/SNEEZE**

MEH THEEK NAHI HOON, I'M NOT WELL

JOR SE MAT BOLO, PLEASE DON'T YELL

DOCTOR KO BULAO CALL DOCTOR

THEN ADD

2. EMOTIONS RECAP AND PRACTICE

MEIN **CHINTIT** HOON, I AM **WORRIED**

MUJHE **DARR** LAGTA HAI, I FEEL **SCARED**

MUJHE **DUKH** HO RAHA HAI, I FEEL **SAD**

MUJHE **GUSSA** ARAHA HAI, I'M GETTING **ANGRY**

MUJHE **PAYAS** LAGGI HAI, I AM **THIRSTY**

MUJHE **BHOOKH** LAGGI HAI, I AM **HUNGRY**

MEIN KHUSH HOON, I AM **HAPPY**

YEH HAI **SAWAD** (ISHT), THIS IS **TASTY**

THEN

PLAY GAME

WHAT MAKES YOU! **MUHJE XX LAGTA HAI JABB** (WHEN)

(PLAY WITH A FAMILY MEMBER)

- HOW DO YOU FEEL WHEN YOU GET ICE CREAM?

MEIN KHUSH HOON!

- HOW DO FEEL BEFORE AN EXAM?

MEIN CHINTIT HOON

- WHAT ARE YOU SCARED OF?

MUHJE DARR LAGTA JABB XXXX

- IF YOU FALL OVER AND HURT YOURSELF?

MUJHE DUKH HO RAHA /HOTA HAI



- IF YOU GET ACCUSED OF SOMETHING YOU HAVEN'T DONE
/ANGRY

MUJHE GUSSA ARAHA /AATA HAI

NOW

COMBINE HEALTH WITH FEELINGS

1. MUJHE PASEENA /CHAKKAR AA RAHA HAI

I AM SWEATING/DIZZY

ADD MUHJE PAANI DHO/ MUHJE PYACE LAG RAHI HAI

2. MUJHE BHUKHAAR/ KHANSI HAI

I GOT A FEVER/COUGH

ADD MUHJE PAANI DHO/ MUHJE PYACE LAG RAHI HAI

3. MERE SIHR/DAANT MEIN DHARDH HAI

MY HEAD/TOOTH HURTS

ADD MUJHE DUKH HO RAHA HAI, I FEEL SAD

AFTERWARDS WHEN BETTER

MEH THEEK HOON!

MEH KHUSH HOON!

PRACTICE SENTENCES THESE WILL BE TESTED NEXT WEEK

1. MUJHE PASEENA /CHAKKAR AA RAHA HAI

I AM SWEATING/DIZZY

ADD MUHJE PAANI DHO/ MUHJE PYACE LAG RAHI HAI

2. MUJHE BHUKHAAR/ KHANSI HAI

I GOT A FEVER/COUGH

ADD MUHJE PAANI DHO/ MUHJE PYACE LAG RAHI HAI

3. MERE SIHR/DAANT MEIN DHARDH HAI

MY HEAD/TOOTH HURTS

ADD MUJHE DUKH HO RAHA HAI, I FEEL SAD

CULTURE TOPIC

SPORT IN INDIA

WHAT IS THE NATIONAL SPORT OF INDIA?

- CRICKET

HOW MANY TIMES AND WHEN DID INDIA WIN THE CRICKET ICC WORLD CUP?

- 1983 AND 2011.

WHO ARE THE MOST FAMOUS INDIAN CRICKETERS?

- Sachin Tendulkar, Kapil Dev and Sunil Gavaskar

WHAT IS IPL?

- INDIAN PREMIER LEAGUE.
- India has invested a lot of money in Cricket after the introduction of the attracts cricketers from all over the world

WHAT IS THE SECOND MOST POPULAR SPORT IN INDIA?

- FOOTBALL
- Although the Indian national football team does not have much success at the international level, the Indian national football team ranks 96th in FIFA rankings.

WHAT OTHER SPORTS ARE POPULAR IN INDIA?

- Other popular sports in India include, FIELD HOCKEY, TENNIS AND BADMINGTON

INDIAN GAMES

WHAT ARE THE MAIN GAMES PLAYED IN INDIA ?

- KHO KHO, KABBADI, KITH KITH, CARROM

KHO KHO

- The game requires a very small piece of evenly surfaced ground, rectangular in shape, and 2 two poles.
- The game lasts no more than 37 minutes, which in its simplest form involves chasing and touching a person.

KABBADI

- 2 teams of seven players compete with each other for higher scores, by touching or capturing the players of the opponent team.

KITH KITH

- Cricket played with a stick instead of a bat is exactly the structure of Gilli Danda.

CARROM

- Carrom is similar to Pool but instead of pool cues, you use your fingers and a striker. The game can be played by either two people (singles) or four people (doubles)