



**JUNIOR CLASS HEALTH/EMOTIONS 1 WEEK 8**

**1. HEALTH RECAP AND PRACTICE**

**THEN**

**PLAY DOCTOR DOCTOR WITH A FAMILY MEMBER!**

**DOCTOR** TUSI KIDDHA HO?

**PATIENT** MEH THEEK NAHI !!

**WHO EVER IS ACTS CONVINCINGLY AND SAYS MOST PROBLEMS ILLEST .. WINS A HOLIDAY TO HAWAI! (DAWAI WILL BE SENT THERE!!)**

**MERA SEER/DHANDH DUKHDHA (HAI) MY XX HURTS**

**MENOO BHUKHAR HOGAYA /KHUNG HOGEE I HAVE A FEVER/COUGH**

**MENOO PASEENA / CHUKKAR AUNDHA HAI**

**I AM SWEATING/DIZZY**

**MENNO OOLTHI/AVASI /KHAJ AUNDHI HAI**

**I WANT TO THROW UP /YAWN/ITCH**

**MEH THEEK NAHI, I'M NOT WELL**

**DOCTOR SADHO CALL DOCTOR**

**OOCHI NAH BOLO, PLEASE DON'T YELL**



MENOO DAWAI/TISSUE DHEDHO **PLEASE GIVE ME MEDICINE**  
**/TISSUE**

**MEH CHIK MARNI (HAI) I WANT TO SNEEZE**

THEN ADD

## 2. EMOTIONS RECAP AND PRACTICE

Menoo **PHIKAR** hogaya, I am **worried**

Menoo **DARR** lagdha, I am **scared**

**PHIKAR** is worried, **DARR** is scared

**AJH MEH THEEK NAHI, I'm not great!**

Menoo **PYACE** lagdhi, I Am **thirsty**

Menoo **PUKH** lagdhi, I Am **hungry**

**PYACE** is thirsty, **PUKH** is hungry

**I want WATER, MEH PEENA PANI**

Menoo **DUKH** lagdha, I feel **hurt**

Menoo **GUSSA** chard-dha, I'm getting **angry**

**GUSSA** is angry, **DUKH** is sad

**AJJ MEH THEEK NAHI, I feel bad!**

**MEH KHUSH HAI, I am happy**



Menoo **SUADH** lagdha, this is **tasty**

**KHUSH(I)** is happy, **SUADH** is tasty

**I FEEL GREAT, MEH THEEK HOGAY(I) (A)**

**PLAY GAME** WHAT MAKES YOU!

**MENOO XX LAGDHA JADH**

HOW DO YOU FEEL WHEN YOU GET ICE CREAM? **MEIN KHUSH HA!**

HOW DO FEEL BEFORE AN EXAM? **MENOO PHIKAR LAGHDHA**

WHAT ARE YOU SCARED OF? **MENOO DARR LAGHDHA**

IF YOU FALL OVER AND HURT YOURSELF? **MENOO DUKH LAGDHA**

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

**MENOO GUSSA CHARDHA HAI**

**NOW**

### **3. COMBINE HEALTH WITH FEELINGS**

- **MENOO PASEENA/CHUKKAR AUNDHA HAI**

**I AM SWEATING/DIZZY**

**ADD** **MENOO PANI DHEDHO/MENOO PYACE LAGGI HAI**

- **MENOO BHUKHAR HOGAYA/KHUNG HOGEE** **I HAVE A**  
**FEVER/COUGH**



**ADD** MENO PANI DHEDHO/ MENO PYACE LAGGI HAI

- MERA SEER/ DHANDH DUKHDHA (HAI) **MY XX HURTS**

MEH UDHASS HAI/ MEH ROHNA CHAUNDHA HAI /MENO PHIKAR  
HAI /MENO DARR LAGDHA / MENO DUKH LAGDHA

### **AFTERWARDS**

MEH THEEK HAI!

MENO HASSA AUNDHA HAI /MEH KHUSH HAI

### **LEARN SENTENCES** THESE WILL BE TESTED NEXT WEEK

- **MENO PASEENA / CHUKKAR AUNDHA HAI**  
**I AM SWEATING/DIZZY**  
**AND** MENO PANI DHEDHO/ MENO PYACE LAGGI HAI
- **MENO BHUKHAR HOGAYA /KHUNG HOGEE** **I HAVE A**  
**FEVER/COUGH**  
**ADD** MENO PANI DHEDHO/ MENO PYACE LAGGI HAI
- **MERA SEER/ DHANDH DUKHDHA (HAI)** **MY XX HURTS**  
**ADD** MEH UDHASS HAI – **I FEEL SAD**

### **CULTURE TOPICS**

#### **NAVARATRI**

### **HOW LONG IS IT?**

This is a 9 (Noh) day festival full of fun



## WHEN IS IT?

Celebrated in September/October

## WHAT HAPPENS?

Everyone gets together for dances like Raas and Garba and wear different colour clothes on each day.

## WHY IS IT CELEBRATED ?

The 9 nights are dedicated to 3 (Teen) goddesses into 3 sets of days. 10th day is **DUSSEHRA** – Lord Ram killed Ravana

- **3 days: Goddess Durga** – Goddess of Power and Energy
- **3 days: Goddess Lakshmi** – Goddess of Wealth and Prosperity
- **3 days: Goddess Saraswati** – Goddess of Knowledge, Wisdom, Art and Music

## DIWALI (FESTIVAL OF LIGHTS)

### EXPLAIN MEANING: **DEEPA WALI (ROW OF LIGHTS IN SANSKRIT)**

- **BIGGEST AND MOST IMPORTANT DAY OF THE YEAR IN NORTH INDIA**

## WHY IS DIWALI CELEBRATED?

- Celebrates new beginnings and the triumph of good over evil and light over darkness.
- Diwali is celebrated on **NEW MOON DAY**, when it's absolute darkness.



### **WHAT HAPPENS ?**

- Houses are lit with candles, colourful lights and firework displays and families share gifts and feast together.
- Therefore, people light lamps and candles to get rid of darkness.
- CELEBRATE WITH RANGOLIS, DIYAS AND WORSHIP GODDESS LAXSHMI

### **HOW LONG IS DIWALI**

- **FIVE DAY FESTIVAL OF LIGHTS**

### **WHICH MONTH IS IT CELEBRATED ?**

- CELEBRATED LATE OCTOBER /NOV
- BANDHI CHOR PANJABI

### **STORY**

- Bandi Chhor Divas celebrates a Sikh historic event related to the sixth Guru, Guru Hargobind ji was sent to prison in 1619 as he did not agree with the Mughal Emperor.
- On this day, Guru Hargobind was released from prison and wouldn't leave till he was able to secure the release of 52 kings, imprisoned by Mughal Emperor Jahangir
- The Emperor agreed to only let go of those prisoners, that could hold onto Guru Ji's coat
- Guru ji made a coat with 52 tassels and freed the prisoners!



- We light candles to celebrate the return of Guru Hargobind Sahib Ji
- The Bandi Chhor Divas means Freedom Day and is celebrated by lighting of homes and Gurdwaras, celebratory processions (nagar kirtan) and langar (community kitchen). It is an important Sikh celebration

## EID

### WHAT IS EID/RAMADAN?

- Eid is a **Muslim holiday** celebrated when **Ramadan**, the month of fasting, finishes.

### HOW LONG DOES IT LAST?

- Eid lasts three days.

### WHAT HAPPENS?

- During this festival, children accept gifts and Eidi, in form of money from adults.

### WHAT'S ITS SIGNIFICANCE?

- It is an occasion intended for enjoyment, forgiveness, and feasting.