

ADULT TERM 5 PRACTICE PHRASES

1.NUMBERS IN 10'S

MERE KAUL DHAS OONGLIA HAI = I HAVE 10 FINGERS

DHAS JUMMA THEE HAI CHAALI = 10 PLUS 30 = 40

2.MEET NEW PEOPLE/FRIENDS

1.THUHADI FAVOURITE FILM KI HAI? WHAT'S YOUR FAVOURITE FILM?

MERI FAVOURITE FILM HAI XX MY FAVOURITE FILM IS XX

2.TUSI KI KARDHE HO ? WHAT ARE YOU DOING?

MEH XX KARDHI/DHA HAI I AM DOING XX (PAINTING/WRITING ETC)

3.PROUD TO BE PANJABI!

THURNA = TO WALK (MEH BAHAR THURNA HAI)

BHOL-NA = TO TALK (MEH PANJABI BOLNI HAI)

NOH-NA = TO BATH (MEH NOHNA HAI)

SOH-NA =TO SLEEP (MEH SOHNA HAI)

BEH -TNA = TO SIT (MEH BEH-TNA HAI)

OOHT-NA = TO GET UP (MEH OOH -TNA HAI)

KHAN-NA = TO EAT (MEH KHANNA HAI)

NACH-NA = TO DANCE (MEH NACHNA HAI)

4.HOLIDAY!

**MEH BEACH/SWIMMING POOL JHANNA HAI I WANT TO GO TO
BEACH/SWIMMING POOL**

MENOO PATA NAHI – I DON'T KNOW

5. SHOPPING

A.MEH XX KHARIDHNA HAI ? I WANT TO BUY XX ?

B.AH KINNE DHA HAI ? HOW MUCH IS IT?

6. PROTEST!

MEH NAHI SOHNA (I'm not sleeping)

MEH NAHI KHANNA (I'm not eating)

MEH NAHI PARDNA(I'm not reading)

MEH NAHI KHANNA(I'm not eating)

MEH NAHI BHOLNA (I'm not talking)

7 LOST IT ! GOOM!!

MENOO XX NAHI LUBB – DHA I CAN'T FIND XX

MEH SARRE PASSE DHEKIA HAI – I LOOKED EVERYWHERE

8. RESTAURANT !

MERA XX KHAN DHA JEE KARDHA HA I WANT TO EAT XX

7.MERA TIDH PURR GAYA! I'M FULL

GREETINGS AND INTRODUCTIONS

SAT SRI AKAL = HELLO

THUHADA NAH KI HAI? = WHAT'S YOUR NAME?

MERA NAH HAI = MY NAME IS



TUSI KIDHA HO? HOW ARE YOU ?

MEIN THEEK HA – I AM FINE

TUSI KINNE SAL DHE HO? HOW OLD ARE YOU?

MEIN X SAL DHA(DHI) HAI = I AM X YEARS OLD

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