



PRE-PREP HEALTH WEEK 24/25

1. PRACTICE INTRODUCTIONS

SAT SRI AKAL = HELLO / GOODBYE

THUHADA NAH KI HAI? WHAT IS YOUR NAME?

MERA NAH HAI = MY NAME IS

TUSI KINNE SAL DHE HO? HOW OLD ARE YOU?

MEIN X SAL DHI/DHA HA= I AM X YEARS OLD

TUSI KIDHA HO? HOW ARE YOU?

MEIN THEEK HA – I AM FINE

THUNNO KI CHANGA LAGDHA HAI? WHAT DO YOU LIKE?

MENOO XX CHANGEH LAGDHE HAI = I LIKE XX

TUSI KITHE REHNDHE HAI? WHERE DO YOU LIVE?

MEH LONDON VICH REHNDHA/I HAI I LIVE IN LONDON

ADD

MERA FAVOURITE PHULL, IK GULABI GULAB HAI

2. LEARN HEALTH SONG

MERA SEER DUKHDHA (HAI) MY HEAD HURTS

MERA GULLA DUKHDHA (HAI) THROAT IS SORE



MERA DHANDH DUKHDHA (HAI) MY TOOTH HURTS

HOAR DAWAI DHEDHO (HAI) (GIVE ME) MEDICINE MORE!

MEH THEEK NAHI, I'M NOT WELL

OOCHI NAH BOLO, PLEASE DON'T YELL

BREAK

MEH THEEK NAHI, I'M NOT WELL

OOCHI NAH BOLO, PLEASE DON'T YELL

MEH CHIK MARNI (HAI) I WANT TO SNEEZE

MENOO TISSUE DHEDHO TISSUE NOW PLEASE

MENOO AVASI AUNDHI (HAI) I JUST WANT TO YAWN

I'M GOING TO BED MEH CHALLYA(I)SOHN

MEH THEEK NAHI, I'M NOT WELL

OOCHI NAH BOLO, PLEASE DON'T YELL

MEH THEEK NAHI, I'M NOT WELL

OOCHI NAH BOLO, PLEASE DON'T YELL



3. PLAY DOCTOR DOCTOR TUSI KIDHA HO? WITH A FAMILY MEMBER!

WHOEVER CAN SAY THE MOST AILMENTS, in 10 seconds, PANJABI is the WINNER !

4. DO ACTIVITY ON 'ACTIVITIES' PAGE

LEARNING TASK Learn these 2 sentences for next week

- MERE XX DHUKHDHA HAI – MY XX HURTS **WEEK 24**
- MEH CHIK MARNI HAI - I WANT TO SNEEZE **WEEK 25**

KEY WORDS

MERA XX DHUKDHA HAI MY XX HURTS

**TRY ALL THE BODY PARTS THAT YOU KNOW IN PANJABI
(REMEMBER FROM TERM 1!)**

DAWAI MEDICINE

CHIK SNEEZE

AVASI YAWN