



WEEK 9

PRACTICE THESE SENTENCES WITH SOMEONE

ADD AUR = AND

WHAT MAKES ME HAPPY/SAD – MUJHE KHUSH/UDAAS KYA
KARTA HAI

MEH KHUSH HOTA/I HOON JUB MEH I AM HAPPY WHEN I

ADD

(TV PROGRAMME) DHEKHTA/I HOON WATCH TV

FOOTBALL/NETBALL/TENNIS KHELTA/I HOON PLAY
FOOTBALL/NETBALL/TENNIS

XX (FAVOURITE FOOD) KHAATA/I HOON WHEN I EAT XX

XX (FAVOURITE DRINK) PEETA/I HOON WHEN I DRINK XX

APNE FRIENDS SE MILTA/I HOON WHEN I MEET MY FRIENDS

(THEME PARK) JHAATA/I HOON WHEN I GO TO THE THEME
PARK

MEH UDHAAS HOTA/I HOON JUB... I AM SAD WHEN

MUJHE JALDI SOHNA PADTA HAIN HAVE TO SLEEP EARLY

MUJHE HOMEWORK KARNA PADTA HAIN DO HOMEWORK

MUJHE KAMRA SAAF KARNA PADTA HAIN TIDY MY ROOM

CULTURE TOPIC

If you look back in India's history, you will find it is full of traditions and customs. These traditions might look ordinary but have several health benefits attached to them.

Walking barefoot on grass

A freshly mowed bed of grass with dew drops on top, blows a feeling of freshness all over. Several researches have shown that walking barefoot on grass can help improve sleep, reduce pain, decrease muscle tension and lower stress levels. So just take off those shoes and take out some time to walk barefoot on grass.

Jewellery

Wearing jewellery on functions, weddings and even on a daily basis has been a part of Indian culture since long.

It's thought that, while wearing silver jewellery helps boost blood circulation, aiding in cold and flu prevention and wound healing, gold jewellery too has its own set of benefits.

Wearing gold regulates body temperature, reduces stress and attracts positive energy.

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