



ADULT

## MATERIALS AND OPPOSITES 10

### 1.OPPOSITES RECAP AND PRACTICE

UCHAA HIGH

NEEVA LOW

AAJO COME

JAYO GO

SHOOROO START

KHATHAM FINISH

UGGEH FRONT

PICHHEH BACK

RAWLA NOISE

CHUP QUIET

TEHDA BENT

SIDDHA STRAIGHT

PUH-TAH UPSIDE DOWN, INSIDE OUT

BECH-NA SELL

SUCH TRUTH

KHARIDNA BUY

CHOOHT LIE

MEHENGHA COSTLY

SASTA CHEAP

DHE DHO GIVE

RAKH LO KEEP

NEHRA DARK

CHANAN LIGHT

THEN PLAY

### **GAME 1** MATCH THE OPPOSITE!

ONE PERSON HAS TO SAY ONE AND OTHER HAS TO SAY OPPOSITE  
TO GET A POINT

WHOEVER GETS POINT, WINS !

UCHAA /NEEVA

BINGA / SIDDHA

PUTT-HA /SIDDHA

NEHRA /CHANAN

SHOOROO/KHATAM

MEHNGHA/ SASTA

RAKHLO/DHEDHO

CHUP/RAWLA

KHARIDNA /BECHNA

B. **BEAT THE CLOCK** 10 SECONDS TO SAY AS MANY OPPOSITES AS POSSIBLE, WITH ACTIONS !WHOEVER SAYS MOST PAIRS ..IS WINNER

## 2. **MATERIALS** RECAP AND PRACTICE

**LAKURD** IS **WOOD**

SOIL /CLAY is MITTI

STONE IS PATHAR

IRON IS LOHA

**SUE-EE** IS **NEEDLE**

**THREAD** IS **THAAGA**

SILVER IS CHANDHI

GOLD IS SAUNA

PEARL IS MAU-THEE,

DIAMOND IS HEERA

GLASS IS KUTCH

PAPER IS KAGAZ

BRICK IS CALLED IIT

LEATHER **CHAMDA**

HALF IS AADHA

WHOLE IS POORA

QUARTER IS SAVVA

WEIGHT IS PAHR

HEIGHT IS LAMBAYI

WIDTH IS CHAUDAYI

**GAME 1** WHAT AM I MADE OF? PLAY WITH A FAMILY MEMBER

TABLE/CHAIR = LAKURDI

HOUSE = IIT

SHOES = CHAMDA

HAMMER = LOHA

BOOK = KAGAZ

CLOTHES ARE MADE BY ? SU-EE AND THAAGA

JEWELLERY = HEERA/SAUNA/CHANDHI

WINDOW = KUTCH

BRIDGES /TUNNEL = PATHAR

WHAT IS HEIGHT /WEIGHT WIDTH /HALF/QUARTER/WHOLE IN  
PANJABI

WINNER IS ONE WITH MOST CORRECT ANSWERS

**3.PRACTICE SENTENCES** THESE WILL BE TESTED NEXT  
WEEK

TUSI SHOROO KARO /KHATAM KARO – YOU START /FINISH

MEH XX KHARIDNA /BECHNA HAI – I WANT TO BUY/SELL

**CULTURE TOPICS**

**SIKH WEDDINGS**

- A Sikh wedding ceremony, often held at a Sikh place of worship, is less than an hour.
- **CHUNNI CHADAI**: After the engagement, the groom's family visits the bride and his mother symbolically covers the bride's head with a **CHUNNI**. His family also gifts the bride with clothes, jewellery, etc.
- **MEHNDI AND CHOODA CEREMONY** **MEHNDI** and **CHOODA** ceremonies are often done together. Mehndi is when the bride gets her hands and feet decorated in beautiful henna/mehndi designs.
- **CHOODA CEREMONY**
- The bride's maternal uncle gifts the bride with a set of red and white bangles, that are to be dipped in milk before presenting. Golden ornaments called **KALIRES**, are tied to the bangles.
- **VATNA**
- A paste of turmeric powder and mustard oil, is applied to the bride and groom before the wedding for a natural glow.

## **GOLDEN TEMPLE**

### **WHERE IS IT ?**

In Amritsar, Punjab. NW OF INDIA

### **WHAT IS IT ?**

- Holiest most religious Gurdwara for Sikhs

### **ANOTHER NAME FOR IT ?**

- Also known as DARBAR SAHIB( SACRED AUDIENCE )/HARMANDER SAHIB

### **WHEN WAS IT BUILT?**

- Was initiated by Guru Arjan( 5<sup>th</sup> sikh Guru) Built around man made river in 1581 - 1589

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- It was destroyed many times by Afghan invaders and finally rebuilt during the reign of Maharaja Ranjit Singh ( 1801-39)

#### **WHAT IS IT MADE OF ?**

- Made of Marble and Copper and overlaid with Gold Foil

#### **WHAT IS SO SPECIAL ABOUT THE WATER AROUND IT ?**

- The water is believed to have healing powers, for those who bathe in it

#### **INTERESTING FACTS**

- It's the largest FREE kitchen in the world!  
More than 50,000 vegetarian meals are served and cooked by volunteers in one day
- Long before it was built, Guru Nanak Dev Ji ( 1<sup>st</sup> Guru used to meditate at this site
- **LANGAR** means a communal meal /kitchen
- **SEWA** means selfless service ( to perform an act without expecting reward)

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