

**JUNIOR CLASS 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**

**MY FAVOURITE FLOWER IS PINK ROSE**

**MERE GARDEN VICH IK LAMBA, HARA DRUKTH HAI**

**I HAVE A TALL, TREE WITH GREEN LEAVES IN MY GARDEN**

## 2. LEARN SONG - HEALTH

**MERA SEER DUKHDHA (HAI) MY HEAD HURTS**

**MERA GULLA DUKHDHA(HAI) THROAT IS SORE**

**MERA DHANDH DUKHDHA (HAI) MY TOOTH HURTS**

**HOAR DAWAI DHEDHO GIVE ME MEDICINE MORE!**

**MENOO BHUKHAR HOGAYA I GOT A FEVER**

**PASEENA VI AUNDHA I'M SWEATING TOO**

**MENOO CHUKKAR AUNDHA (HAI) I FEEL DIZZY**

**DOCTOR SADHO CALL DOCTOR, DO**

### **BREAK**

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

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

**MENOO KHUNG HOGEE (HAI) I HAVE A COUGH**

**MERI BUS HOGI(HAI) I'VE REALLY HAD ENOUGH!**

**MENOO OOLTI AUNDHI (HAI) I FEEL SICK**

**JALDI DOCTOR SADHO PLEASE CALL A DOCTOR QUICK!**

**MENOO KHAJ AUNDHI (HAI) I GOT AN ITCH**

**HASOH NAH PLEASE I MIGHT NEED A STITCH**



**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

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

**KEY WORDS**

**MERA XX DUKHDHA HAI MY XX HURTS**

**DAWAI MEDICINE**

**BHUKHAR FEVER**

**PASEENA SWEAT**

**CHUKKAR DIZZY**

**KHUNG COUGH**

**OOLTI SICK/VOMIT**

**KHAJ ITCH**

**CHIK SNEEZE**

**AVASI YAWN**