

ADULT ZOOM LESSON HEALTH 6

1. PRACTICE WITH SOMEONE

TUSI KIDHA HO ? HOW ARE YOU ?

MEH THEEK NAHI I'M NOT WELL

NOTE

MERA(MINE)

MENOO(ME)

MEH(I AM)

USE MERA (MY) FOR BODY PART

MERA SEER DUKHDHA MY HEAD HURTS

MERA GULLA DUKHDHA THROAT IS SORE

MERA DHANDH DUKHDHA MY TOOTH HURTS

EXTRA PHRASES – PRACTICE WITH THE BEST PANJABI ACTING!

DAWAI DHEDHO GIVE ME MEDICINE

DOCTOR SADHO CALL DOCTOR,DO

MEH THEEK NAHI , I'M NOT WELL

OOCHI NAH BOLO , PLS DON'T YELL

NOTE AUNDHI/A HAI - IT'S COMING

AND

IF WORD ENDS IN 'I' ITS AUNDHI

END IN 'A' THEN IT'S AUNDHA

MENOO OOLT AUNDHI HA I FEEL SICK

MENOO KHAJ AUNDHI HA I GOT AN ITCH

MENOO AVAS AUNDHI HA I WANT TO YAWN

MENOO PASEENA AUNDHA HA I'M SWEATING TOO

MENOO CHUKKAR AUNDHA HA I FEEL DIZZY

EXTRA PHRASES TO PRACTICE

MENOO BHUKHAR HOGAYA I HAVE A FEVER

MENOO KHUNG HOGEE I HAVE A COUGH

MEH CHIK MARNI (HAI) I WANT TO SNEEZE

MENOO XX DHEDHO GIVE ME XX (eg dawai/tissue/pani)

2. PRACTICE BEEMAR 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 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 , PLS 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 , PLS DON'T YELL

MEH THEEK NAHI , I'M NOT WELL

OOCHI NAH BOLO , PLS DON'T YELL

3.LEARNING TASK Learn these 2 sentences for next week

1. **MEHA XX DHUKHDHA HAI** – **MY XX HURTS**
2. **MENOO XX AUNDHA/I HA** - I FEEL XX

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