



ADULT

## HEALTH /EMOTIONS 1 WEEK 8

### 1.HEALTH RECAP AND PRACTICE

THEN

PLAY DOCTOR DOCTOR WITH A FAMILY MEMBER !

**DOCTOR** TUSI KIDDHA HO ?

**PATIENT** MEH THEEK NAHI !!

WHO EVER IS ACTS CONVINCINGLY AND SAYS MOST PROBLEMS ILLEST .. WINS A HOLIDAY TO HAWAI !( DAWAI WILL BE SENT THERE!!)

MEHA SEER/ DHANDH DUKHDHA (HAI) **MY XX HURTS**

MENOO BHUKHAR HOGAYA /KHUNG HOGEE **I HAVE A FEVER/COUGH**

MENOO PASEENA / CHUKKAR AUNDHA HAI

**I AM SWEATING/DIZZY**

MENNO OOLTHI/AVASI /KHAJ AUNDHI HAI

**I WANT TO THROW UP /YAWN/ITCH**

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

DOCTOR SADHO **CALL DOCTOR**

OOCHI NAH BOLO , PLEASE DON'T YELL

MENOO DAWAI/TISSUE DHEDHO PLEASE GIVE ME MEDICINE  
/TISSUE

MEH CHIK MARNI (HAI) I WANT TO SNEEZE

THEN ADD

## 2. EMOTIONS RECAP AND PRACTICE

Menoo PHIKAR hogaya ,I am worried

Menoo DARR lagdha, I am scared

PHIKAR is worried, DARR is scared

AJH MEH THEEK NAHI ,I'm not great!

Menoo PYACE lagdhi , I Am thirsty

Menoo PUKH lagdhi, I Am hungry

PYACE is thirsty ,PUKH is hungry

I want WATER, MEH PEENA PANI

Menoo DUKH lagdha , I feel hurt

Menoo GUSSA chard-dha, I'm getting angry

GUSSA is angry, DUKH is sad

AJJ MEH THEEK NAHI, I feel bad!

MEH KHUSH HAI, I am happy

Menoo SUADH lagdha, this is tasty

KHUSH(I) is happy, SUADH is tasty

I FEEL GREAT, MEH THEEK HOGAY(I) (A)

PLAY GAME WHAT MAKES YOU !

MENOO XX LAGDHA JADH

HOW DO YOU FEEL WHEN YOU GET ICE CREAM? MEIN KHUSH HA!

HOW DO FEEL BEFORE AN EXAM ? MENOO PHIKAR LAGHDHA

WHAT ARE YOU SCARED OF ?

MENOO DARR LAGHDHA

IF YOU FALL OVER AND HURT YOURSELF ? MENOO DUKH LAGDHA

IF YOU GET ACCUSED OF SOMETHING YOU HAVEN'T DONE /ANGRY

MENOO GUSSA CHARDHA HAI

NOW

COMBINE HEALTH WITH FEELINGS

1.MENOO PASEENA / CHUKKAR AUNDHA HAI

I AM SWEATING/DIZZY

ADD MENOO PANI DHEDHO/ MENOO PYACE LAGGI HAI

2.MENOO BHUKHAR HOGAYA /KHUNG HOGEE I HAVE A  
FEVER/COUGH

ADD MENOO PANI DHEDHO/ MENOO PYACE LAGGI HAI

3.MERA SEER/ DHANDH DUKHDHA (HAI) MY XX HURTS

MEH UDHASS HAI/ MEH ROHNA CHAUNDHA HAI /MENOO PHIKAR  
HAI /MENOO DARR LAGDHA / MENOO DUKH LAGDHA

### AFTERWARDS

MEH THEEK HAI !

MENOO HASSA AUNDHA HAI /MEH KHUSH HAI

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

1.MENOO PASEENA / CHUKKAR AUNDHA HAI

I AM SWEATING/DIZZY

ADD MENOO PANI DHEDHO/ MENOO PYACE LAGGI HAI

2.MENOO BHUKHAR HOGAYA /KHUNG HOGEE I HAVE A  
FEVER/COUGH

ADD MENOO PANI DHEDHO/ MENOO PYACE LAGGI HAI

3.MERA SEER/ DHANDH DUKHDHA (HAI) MY XX HURTS

ADD MEH UDHASS HAI – I FEEL SAD

### 4.CULTURE TOPICS

#### NAVARATRI

HOW LONG IS IT ?

This is a 9 ( Noh) day festival full of fun

WHEN IS IT ?

celebrated in September/October

## WHAT HAPPENS ?

Everyone gets together for dances like Raas and Garba and wear different colour clothes on each day.

## WHY IS IT CELEBRATED ?

The 9 nights are dedicated to 3 ( Teen) goddesses into 3 sets of days. 10th day is **DUSSEHRA** – Lord Ram killed Ravana

- **3 days: Goddess Durga** – Goddess of Power and Energy
- **3 days: Goddess Lakshmi** – Goddess of Wealth and Prosperity
- **3 days: Goddess Saraswati** – Goddess of Knowledge, Wisdom, Art and Music

## 10. DIWALI (FESTIVAL OF LIGHTS)

### EXPLAIN MEANING SANSKRIT)

### DEEPA WALI ( ROW OF LIGHTS IN

- BIGGEST AND MOST IMPORTANT DAY OF THE YEAR IN NORTH INDIA

### 1.WHY IS DIWALI CELEBRATED ?

- Celebrates new beginnings and the triumph of good over evil and light over darkness.
- Diwali is celebrated on NEW MOON DAY, when it's absolute darkness.

### WHAT HAPPENS ?

- Houses are lit with candles, colourful lights and firework displays and families share gifts and feast together.
- Therefore, people light lamps and candles to get rid of darkness.
- CELEBRATE WITH RANGOLIS,DIYASAND WORSHIP GODDESS LAXSHMI

### HOW LONG IS DIWALI

- **FIVE DAY FESTIVAL OF LIGHTS**

- **WHICH MONTH IS IT CELEBRATED ?**
- **CELEBRATED LATE OCTOBER /NOV**
- **BANDHI CHOR PANJABI**
- **STORY**
- Bandi Chhor Divas celebrates a Sikh historic event related to the sixth Guru, Guru Hargobind ji was sent to prison in 1619 as he did not agree with the Mughal Emperor.
- On this day, Guru Hargobind was released from prison and wouldn't leave till he was able to secure the release of 52 kings, imprisoned by Mughal Emperor Jahangir
- The Emperor agreed to only let go of those prisoners, that could hold onto Guru Ji's coat
- Guru ji made a coat with 52 tassels and freed the prisoners!
- We light candles to celebrate the return of Guru Hargobind Sahib Ji
- The Bandi Chhor Divas means Freedom Day and is celebrated by lighting of homes and Gurdwaras, celebratory processions (nagar kirtan) and langar ( community kitchen). It is an important Sikh celebration

## **EID**

### **WHAT IS EID/RAMADAN ?**

- Eid is a **Muslim holiday** celebrated when **Ramadan**, the month of fasting, finishes.

### **HOW LONG DOES IT LAST ?**

- Eid lasts three days.

### **WHAT HAPPENS ?**

- During this festival, children accept gifts and Eidi, in form of money from adults.

### **WHAT'S ITS SIGNIFICANCE ?**



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- It is an occasion intended for enjoyment, forgiveness, and feasting.

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