



ADULT

HOUSE AND VERBS 2 /BODY PARTS/CLOTHES WEEK 9

1. BODY PARTS RECAP AND PRACTICE

SEER = HEAD

HAATH = HAND/S

MOOH = MOUTH/FACE

BAL = HAIR

AHK/A = EYE/S

LAHK = WAIST

DHANDH = TEETH/TOOTH

KUHN = EAR/S

NAAK = NOSE

GODHEH /A = KNEES/KNEE

MODEH/A = SHOULDERS/SHOULDER

PEHR = FEET /FOOT

BAH/A = ARM/S

2. CLOTHES RECAP AND PRACTICE

TOPI = HAT

JUTTI/A = SHOE/S

JARABH/A = SOCK/S

AAENAK = GLASSES

KAUTI = CARDIGAN

GHARDI = WATCH

AND MATCH BODY PART

PRACTICE THESE SENTENCES AND NOTE

PLURAL POHNIA /FEMALE ADD I /MALE ADD I

WORD ENDING IN (I) IS FEMALE /(A) IS MALE AND (THE') IS 'ON'

MEH **TOPI** **SEER** THE' POHNI HAI

MEH **JARRABA** **PEHR** THE' POHNIA HAI

MEH **AAENAK** **AKHA/NAAK /KUHN** THE' POHNI HAI

MEH **KAUTI** **BAHA** VICH POHNI HAI

MEH **GHARDI** **BAH** THE POHNI HAI

3. **HOUSE AND VERBS 2** RECAP AND PRACTICE

SAH-BUN = SOAP

TAW-LIA = TOWEL

KANGHI = COMB

KITCHEN ITEMS

KAULI = BOWL

CHAMCHA = SPOON

CHEENEE/KHUND= SUGAR

HOUSE

ALAMARI = WARDROBE

KAMRA = ROOM

KETAAB = BOOK

BISTRA/MUNJA = BED

PRACTICE NAAL (WITH) AND VICH (IN) AND ASK THEM WHICH ONE TO USE ,NAAL OR VICH

SAY SENTENCES IN ENGLISH AND IN PANJABI

NAAL

PANI NAAL MOO DHO LO WASH YOUR FACE WITH WATER

SABUN NAAL HAATH DHO LO WASH YOUR HANDS WITH SOAP

TAWLIYE NAAL HAATH SUKHA LO DRY YOUR HANDS ON TOWEL

KANGHI NAAL BAL BAH LO BRUSH YOUR HAIR WITH COMB

VICH

KAULI VICH DAHI PAO PUT YOGURT IN A BOWL

CHAI VICH CHEENEE PAO PUT SUGAR IN THE TEA

FRIDGE VICH DUDH RAKH DHO PUT MILK IN THE FRIDGE

AALMARI VICH KAPPDE RAKH DHO PUT CLOTHES IN THE WARDROBE

AGAIN ASK THEM TO CHOOSE CLOTHES

ALMARI VICH JURRABAH/KAUTI/TOPI /JUTTIA RAKHDHO

4.PRACTICE SENTENCES THESE WILL BE TESTED NEXT WEEK

PANI NAAL MOOH/HAATH DHO LO WASH YOUR FACE WITH WATER

KANGHI NAAL BAL BAH LO BRUSH YOUR HAIR WITH COMB

CULTURE TOPICS

OUR GURUS

HOW MANY GURUS ARE THERE ?

10 GURUS

WHEN WAS SIKHISM FOUNDED ?

500 YEARS AGO

WHAT IS OUR HOLY BOOK CALLED?

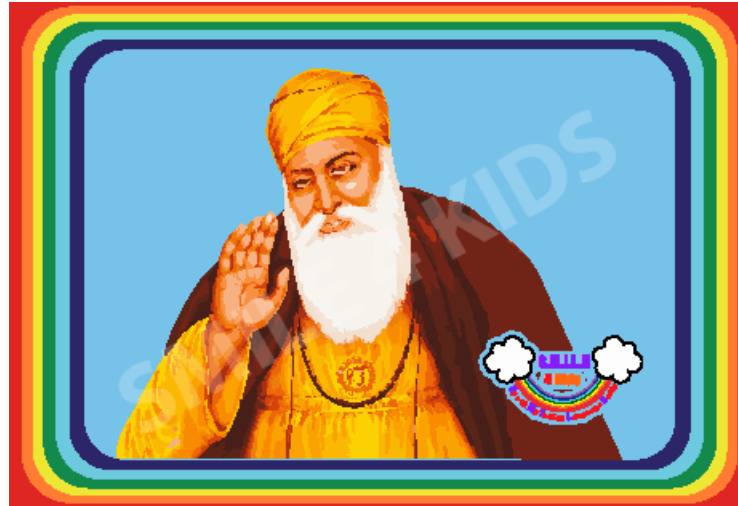
- Our HOLY BOOK is called GURU GRANTH SAHIB, where his poems are written and recited in our Gurdwaras around the world.
- ITS THE ONLY SCRIPTURE OF ITS KIND WHICH NOT ONLY CONTAINS THE WORKS OF ITS OWN RELIGIOUS FOUNDERS BUT ALSO WRITINGS OF OTHER FAITHS
- NO SIKH CEREMONY IS CONSIDERED COMPLETE UNLESS ITS PERFORMED IN THE PRESENCE OG GGS (BLESSING OF A BABY /DEATH/MARRIAGE)

WHO IS GURU GOBIND SINGH JI ?

- GURU GOBIND Singh Ji is the 10th of our Gurus.HE WAS BORN IN 1666

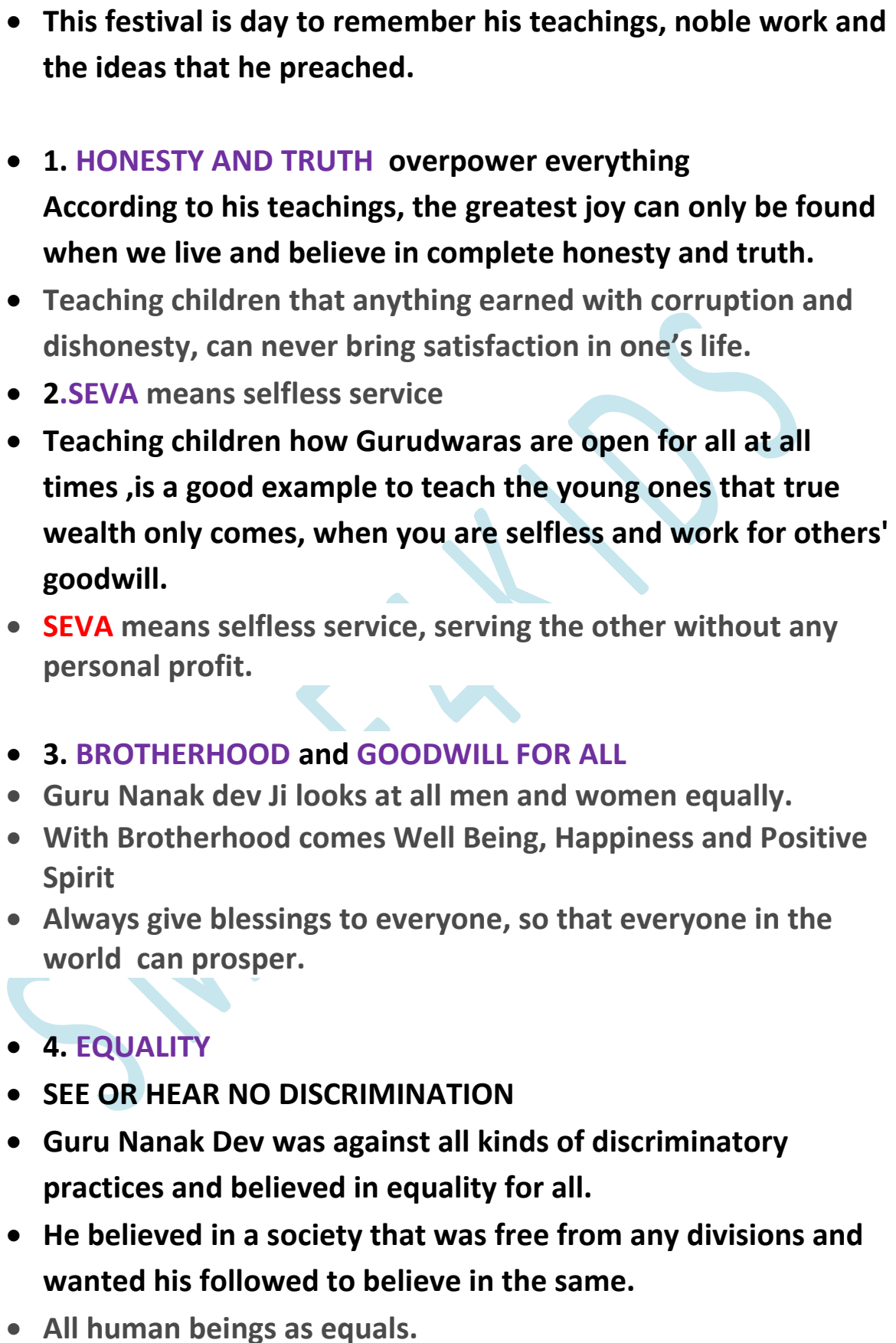
WHAT DID HE DO ?

- **CREATED THE KHALSA (PURE ONES) AND GAVE THE SIKHS THE NAME SINGH (LION) AND KAUR (PRINCESS)**



GURPURAB

- **GURU NANAK DEV JI is our founder of Sikhism and the first of our 10 Gurus (1469 -1539).**
- **Gurpurab is one of the oldest festivals of the Sikh religion.**
- **It is celebrated on the birthday of the first Sikh Guru after whom the festival is named.**
- **The day falls on the first full moon in the month of November, its exact date varies from year to year.**
- **The word 'Gurpurab' is a mixture of the word Guru, which means 'teacher', and Purab which means 'Festival' or 'Celebration' in Panjabi.**
- **Gurpurab is regarded to be the birth anniversary of the first founding guru of Sikhism, Guru Nanak Dev Ji.**

- 
- This festival is day to remember his teachings, noble work and the ideas that he preached.
 - 1. **HONESTY AND TRUTH** overpower everything
According to his teachings, the greatest joy can only be found when we live and believe in complete honesty and truth.
 - Teaching children that anything earned with corruption and dishonesty, can never bring satisfaction in one's life.
 - 2. **SEVA** means selfless service
 - Teaching children how Gurudwaras are open for all at all times ,is a good example to teach the young ones that true wealth only comes, when you are selfless and work for others' goodwill.
 - **SEVA** means selfless service, serving the other without any personal profit.
 - 3. **BROTHERHOOD** and **GOODWILL FOR ALL**
 - Guru Nanak dev Ji looks at all men and women equally.
 - With Brotherhood comes Well Being, Happiness and Positive Spirit
 - Always give blessings to everyone, so that everyone in the world can prosper.
 - 4. **EQUALITY**
 - **SEE OR HEAR NO DISCRIMINATION**
 - Guru Nanak Dev was against all kinds of discriminatory practices and believed in equality for all.
 - He believed in a society that was free from any divisions and wanted his followed to believe in the same.
 - All human beings as equals.

- Guruji never differentiated between human being based on their caste, color and also financial status.
- Guru Ji is not to be found in large palaces, he lives with poor.
- **5. TO LIVE A LIFE AWAY FROM EVIL**
- According to Guru Nanak Dev Ji's teachings, any kind of evil temperament-ego, anger, greed, attachment, and lust are to be done away with
- This immediately cleanses, the soul and the mind.

Vaisakhi

- **April 13th/14th every year.**
- **One of the most important dates in Sikh calendar.**
- **Marks the beginning of the New Year for Sikhs and is the Spring harvest festival of Punjab**
- **Sikh festival marking the birth of Sikhism in 1699**
- **When the 10th Guru, Guru Gobind Singh ji, formed the Khalsa panth (the community of committed Sikhs).**
- **It's not a holiday, but an occasion for celebrating the community and our shared values**

©SMILE 4 Kids Ltd 2018 - 2021