



**PRE-PREP HEALTH AND EMOTIONS WEEK 8**

**1. HEALTH RECAP AND PRACTICE**

**RUN A SURGERY! PLAY 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!!)**

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

**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**

**MENOO AVASI AUNDHI HAI I WANT TO YAWN**

**THEN ADD.....**

## 2. EMOTIONS RECAP AND PRACTICE

MENOO **PYACE** LAGDHI, I AM **THIRSTY**

MENOO **PUKH** LAGDHI, I AM **HUNGRY**

**PYACE** IS THIRSTY, **PUKH** IS HUNGRY

**I WANT WATER, MEH PANI PEENA**

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!**

SAY WHAT YOU FEEL.....

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**

- **ADD** MENOO PANI DHEDHO/ MENOO PYACE LAGGI HAI
- MERA SEER/DHANDH DUKHDHA (HAI) **MY XX HURTS**

MEH UDHASS HAI/HAI/MENOO DARR LAGDHA/MENOO DUKH LAGDHA

**AFTERWARDS**

MEH THEEK HAI !

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

- **MENOO PYACE LAGGI HAI** **I FEEL THIRSTY**
- **MENOO PANI DHEDHO** **GIVE ME WATER**
- **MERA SEER/ DHANDH DUKHDHA (HAI)** **MY XX HURTS**
- **MENOO DAWAI DHEDHO** **GIVE ME MEDICINE**



## CULTURE TOPIC

### 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 Garbaa 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. 10<sup>th</sup> 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

### DIWALI (FESTIVAL OF LIGHTS)

#### DEEPA WALI (ROW OF LIGHTS IN SANSKRIT)

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

### **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, Diya's and worship goddess Laxshmi

### **HOW LONG IS DIWALI**

- FIVE DAY FESTIVAL OF LIGHTS

### **WHICH MONTH IS IT CELEBRATED?**

- CELEBRATED LATE OCTOBER /NOV

### **BANDHI CHOR 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?

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