



PANJABI

WEEK 9 PRE

ADD TEH = AND

PRACTICE THESE SENTENCES WITH SOMEONE

WHAT MAKES ME HAPPY/SAD

MEH KHUSH HAI JUDH MEH I AM HAPPY WHEN I

ADD

(TV PROGRAMME) DHEKDHA/I HAI WATCH TV

FOOTBALL/NETBALL/TENNIS KHED-DHA /I HAI PLAY  
FOOTBALL/NETBALL/TENNIS

XX ( FAVOURITE FOOD) KHANDHA/I HAI WHEN I EAT XX

XX (FAVOURITE DRINK ) PEENDHA/I HAI WHEN I DRINK XX

MEH (THEME PARK) JHANDHA/I HAI WHEN I GO TO THE  
THEME PARK

MENOO XX ( FOOD ITEM ) PASANDH HAI I LIKE XX (FOOD)

MEH UDHAAS HAI JUDH MEH I AM SAD WHEN I

**EARLY SOHNDHA/I HAI GO TO SLEEP EARLY**

**HOMEWORK KARDHA/I HAI DO HOMEWORK**

**MERA KAMRA TIDY KARDHA/I HAI TIDY MY ROOM**

**(BROCOLLI) KHANDHA/I HAI EAT (BROCOLLI)**

## **CULTURE TOPIC**

If you look back in India's history, you will find it is full of traditions and customs. These traditions might look ordinary but have several health benefits attached to them.

### **Walking barefoot on grass**

Freshly mowed grass bed and dew drops on top, just thinking about it blows a feeling of freshness all over. Several researches have shown than walking barefoot on grass can help improve sleep, reduce pain, decrease muscle tension and lower stress levels.

So just take off those shoes and take out some time to walk barefoot on grass.

## Jewellery

Wearing jewellery on functions, weddings and even on a daily basis has been a part of Indian culture since long.

It's thought that, while wearing silver jewellery helps boost blood circulation, aiding in cold and flu prevention and wound healing, gold jewellery too has its own set of benefits.

Wearing gold regulates body temperature, reduces stress and attracts positive energy.

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