

**JUNIOR CLASS 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**

**LEARN 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 OF GGS (BLESSING OF A BABY /DEATH/MARRIAGE)

#### **WHO IS GURU GOBIND SINGH JI ?**

- GURU GOBIND Singh Ji is the 10<sup>th</sup> 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.**



- Gurburab 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.
- **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.
- **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.
- **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.



- **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, colour and also financial status.**
- **Guru Ji is not to be found in large palaces; he lives with poor.**
- **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/14<sup>th</sup> 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 10<sup>th</sup> 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**