

**Grade: Kindergarten**  
**Lesson Number: 19**  
**Course: Virṣā**  
**Title: 'Cultural Games**

### **Standards**

#### **Standard 1: Looking at the Past**

- Students understand that history relates to events, people, and places of other times.
  - *Students understand how people lived in earlier times and how their lives would be different today (Pañjāb Gurū Period versus Pañjāb 50 years ago versus America today). They draw upon a variety of stories, legends, songs, ballads, and games in order to describe the environment, lifestyles, beliefs, and struggles of the people.*

### **Objectives**

1. Students will attempt to understand what life was like for children during the Gurū period and in Pañjāb 50 years ago and presently.
2. Students will learn games commonly played in Pañjāb. They will learn a rhyme in Pañjābī to go along with the game.

### **Prerequisites**

- None.

### **Materials**

- Pictures of current Pañjāb
- Words to the Pañjābī rhymes
- Instructions on how to play
- ~~ਅੱਧ~~ ਚਮੇਲੋਥ – to hide f w t k p i 'ī co g

### **Advanced Preparation**

- It is best to conduct this lesson in an outdoor setting– lawn or a park.

### **Engagement (20 minutes)**

- Tell students that they are going to be taking an imaginary journey back to the time of Gurū Nānak.
- Ask them to imagine what the land looked like back then – have them describe the houses, the roads etc...
- Write down students' thoughts on the chart paper.
- Next tell them to think about Pañjāb about 50 years ago– read them the brief intro.
- They may not be able to do this part. Instead tell them to imagine a village with lots of beautiful rich farmland. It has simple homes. Many homes have farm animals. People walk to the well to get water. People like to meet in the evenings to chat and relax. Kids and mothers sit in the veharā (ਵੇਹੜਾ) and spend the evening enjoying the wonderful breeze. What do you think the kids did while the mothers talked?
- Next, ask students what they think children did for fun back then.

- On chart paper write things that they think children did for fun. For this activity, you might have to remind students that these students did not have access to Zdqzgu or other types of media or video games.
- Remind students that many times, children just had to make up their own games or had to invent toys to play with.
- Ask students what they would do if they could not play with any of their toys.
- After this discussion, tell them about the game they will be playing today.

### **Exploration (30 minutes)**

- Go over the rhyme:  
koṭlā chapākī jumnerāt āī e.  
jīharā agge pichhe dekhe, uhadī shāmat āī e.  
“ਕੋਟਲਾ ਛਪਾਕੀ ਜੁੰਮੇਰਾਤ ਆਈ ਏ ।  
ਜਿਹੜਾ ਅੱਗੇ ਪਿੱਛੇ ਦੇਖੇ, ਉਹਦੀ ਸ਼ਾਮਤ ਆਈ ਏ।”
- Explain the following rules of the game to students:
  - Children sit in a circle.
  - One child will have the cloth in their hand. This child will walk around the circle as everyone sings the rhyme written above.
  - The child with the cloth drops the cloth behind one of the other players.
  - If it is discovered before the child who had placed it there completes the walk around the circle, the child who discovered the cloth would run after the first player and try to touch him with the cloth until the first player sits in the place vacated by the second player.
- Make sure everyone gets a chance so that you don't have too many sad children.

### **Explanation/Extension (10 minutes)**

- Once the game is completed, sit with the students in the big circle and discuss what they enjoyed about the game. Ask students if they know any other Pañjābī games.

### **Evaluation (On-going)**

- For homework, students should introduce/remind their parents of this game and play it with their family sometime during the week.

## **Teacher Resources**

### **Village Life**



Pañjāb (ਪੰਜਾਬ) means the land of the five rivers. It is an agricultural state; that means that a lot of people make a living through farming.

The villages are usually surrounded by farm land on all sides. Not everyone in the village makes their livelihood through farming. Most villages also have potters, carpenters and tailors.

In each village there is a sarpanc (ਸਰਪੰਚ) who is usually an 'elder statesman' who is respected by the village people. This person is responsible for listening to problems that the village might be having. The sarpanc is like a judge. He listens to both sides and passes judgment.

In the evenings, the villagers used to come out to a central gathering area where they would talk and share news. This does not happen so much now because most people have not only their own radios but TVs as well. The olden days of children playing cards, marbles and 'gullī dandā' (ਗੁੱਲੀ ਡੰਡਾ) have been left behind and have been givep way to i co gu'ing"cricket, football. and TV.

Life in Pañjāb has changed a lot from 50 years ago. Many people still continue to earn a living through farming; however new methods and machinery are used to make everything more efficient. More and more young people have joined the work-force in a number of other fields and are employed in bigger cities. However some parts of village life are still the same – there are still children and adults who enjoy playing traditional games – today we will play a few of these games.

*Images found with: [www.google.com](http://www.google.com)- search: images: "Villages in Pañjāb."*

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