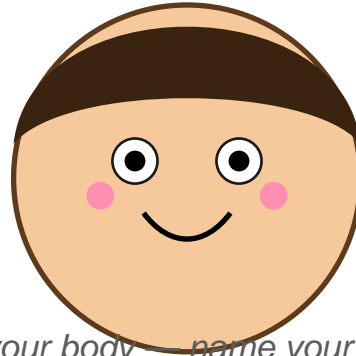


BOOK
3/7

Tiny Body, Big Feelings

Body Parts • Senses • Feelings • EN + Urdu

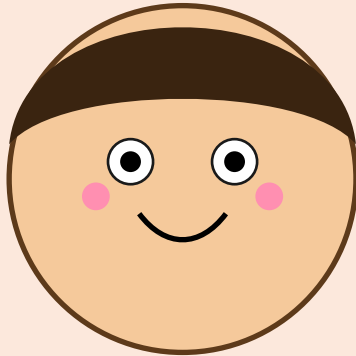


Learn your body — name your feelings.

Modern Day Syllabus • Playgroup • Book 3 of 7

Hi, I'm Mini!

Today we will look at YOUR amazing body —
from your hair on top to your toes at the bottom.



Then we'll meet our five senses,
and learn the names of our big feelings.

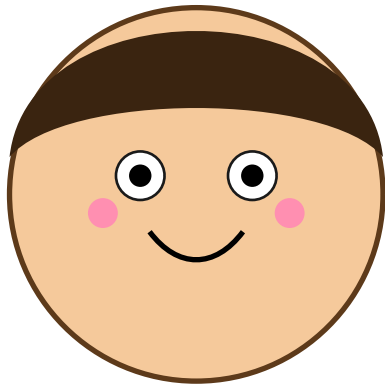
Touch each part as we go!

How to use this book



1. Read the body-part name. Say it twice.
2. Ask your child to TOUCH that part on themselves.
3. Say the Urdu name. Ask them to repeat it.
4. On feelings pages, ask: 'When did you last feel like this?'
5. Validate every feeling. 'You feel angry. That is okay.'
6. 5–7 minutes is plenty. Come back tomorrow.

Face



Urdu: Chehra

Touch your face!

Say it twice — and
smile while you do.

Show me your face!

Eyes



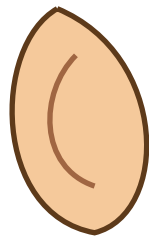
Urdu: Aankhein

Touch your eyes!

Say it twice — and smile while you do.

Show me your eyes!

Ear



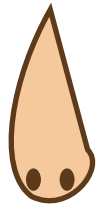
Urdu: Kaan

Touch your ear!

Say it twice — and smile while you do.

Show me your ear!

Nose



Urdu: Naak

Touch your nose!

Say it twice — and smile while you do.

Show me your nose!

Mouth



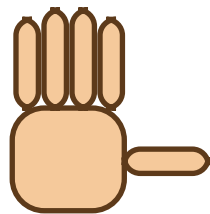
Urdu: Munh

Touch your mouth!

Say it twice — and smile while you do.

Show me your mouth!

Hand



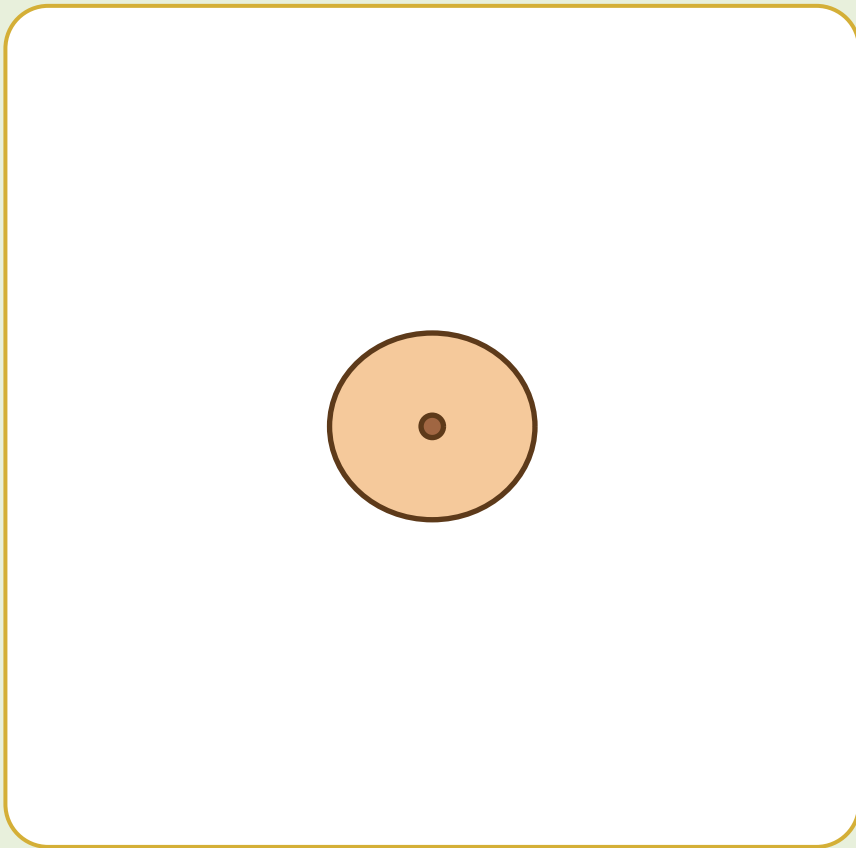
Urdu: Haath

Touch your hand!

Say it twice — and smile while you do.

Show me your hand!

Tummy



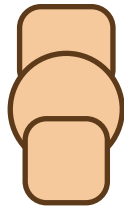
Urdu: Pet

Touch your tummy!

Say it twice — and smile while you do.

Show me your tummy!

Knee



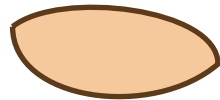
Urdu: Ghutna

Touch your knee!

Say it twice — and smile while you do.

Show me your knee!

Foot



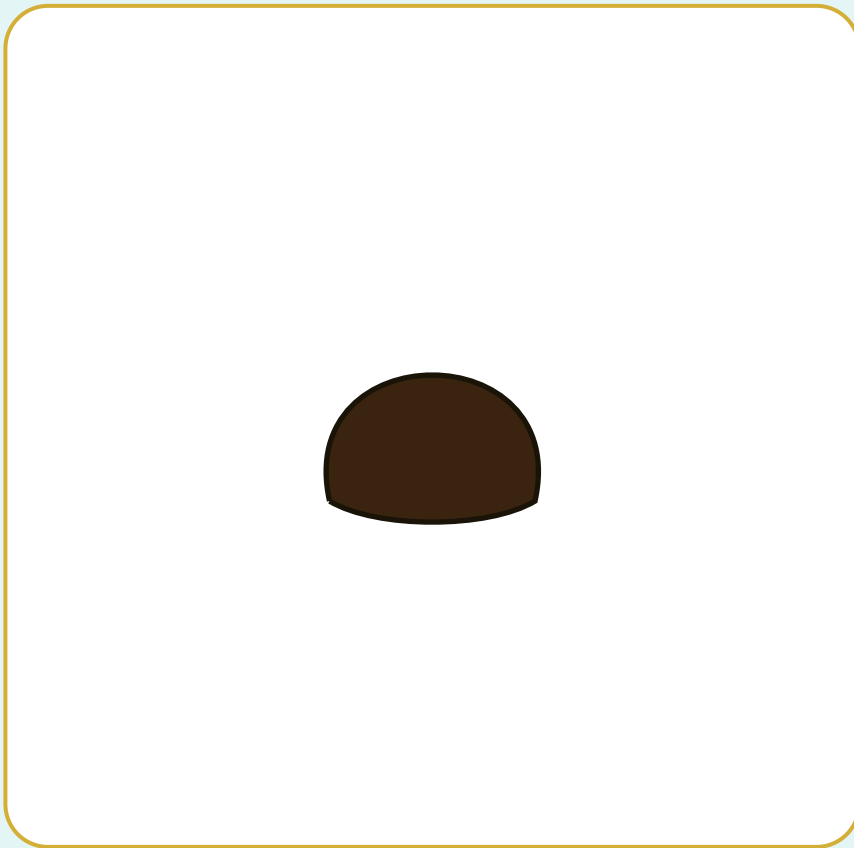
Urdu: Pair

Touch your foot!

Say it twice — and
smile while you do.

Show me your foot!

Hair



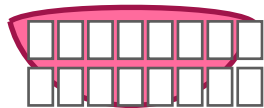
Urdu: Baal

Touch your hair!

Say it twice — and smile while you do.

Show me your hair!

Teeth



Urdu: Daant

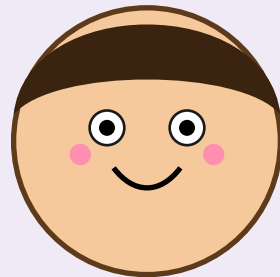
Touch your teeth!

Say it twice — and smile while you do.

Show me your teeth!

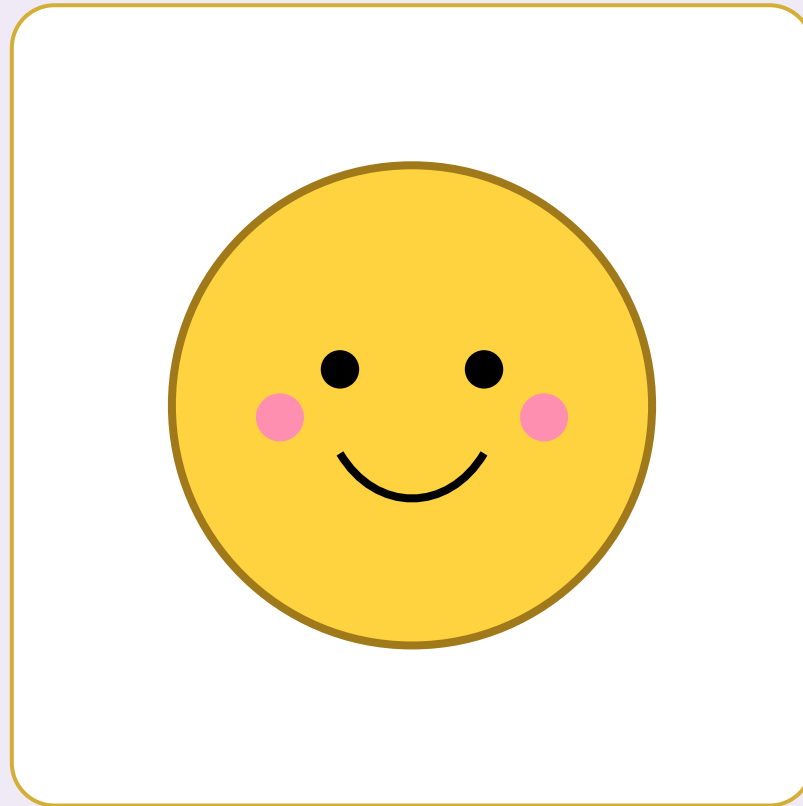
Now let's name our BIG feelings

All feelings are okay. Naming a feeling helps it feel smaller.



Happy

★
Urdu: Khush



★ *Show me Happy on your face!* ★

Sad

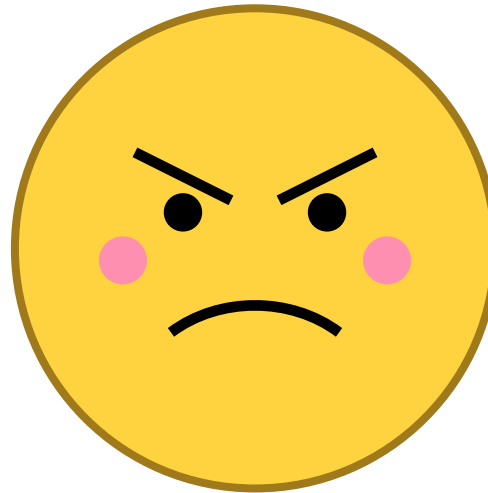
★
Urdu: Udaas



★ *Show me Sad on your face!* ★

Angry

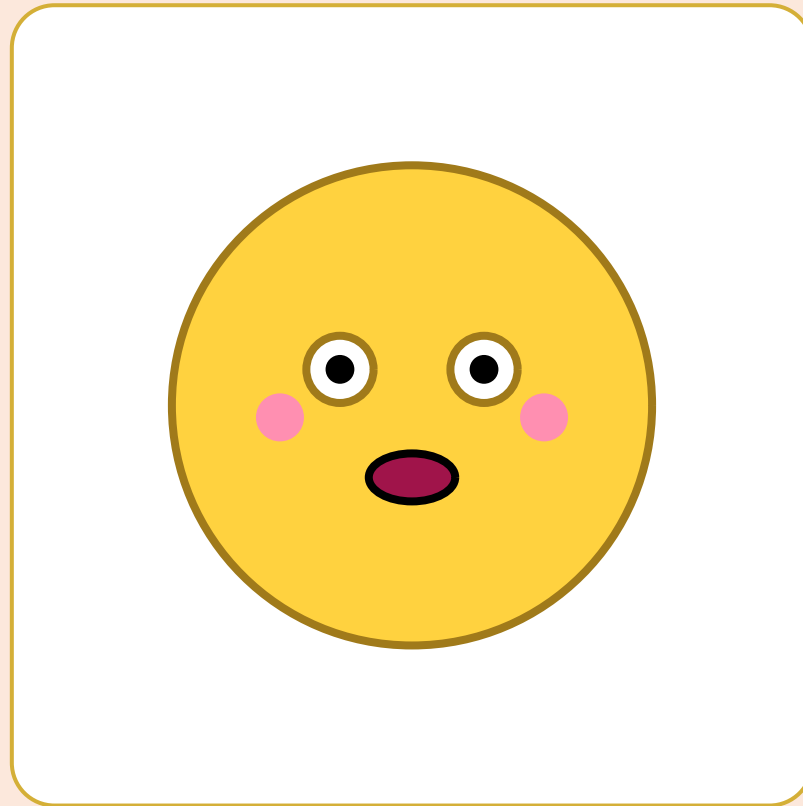
★
Urdu: Gussa



★ *Show me Angry on your face!* ★

Scared

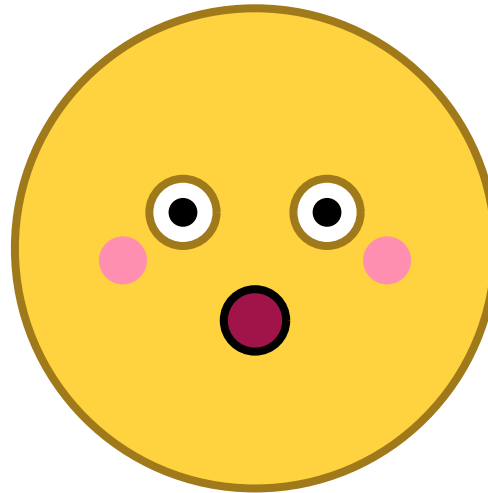
★
Urdu: Dara hua



★ *Show me Scared on your face!* ★

Surprised

★
Urdu: Hairaan

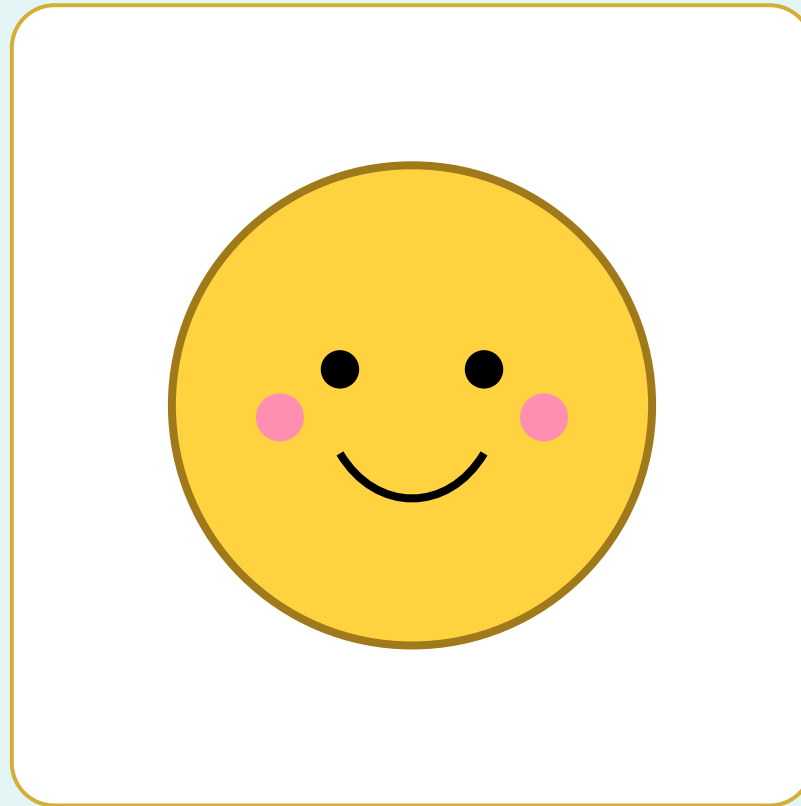


★ *Show me Surprised on your face!* ★

Calm



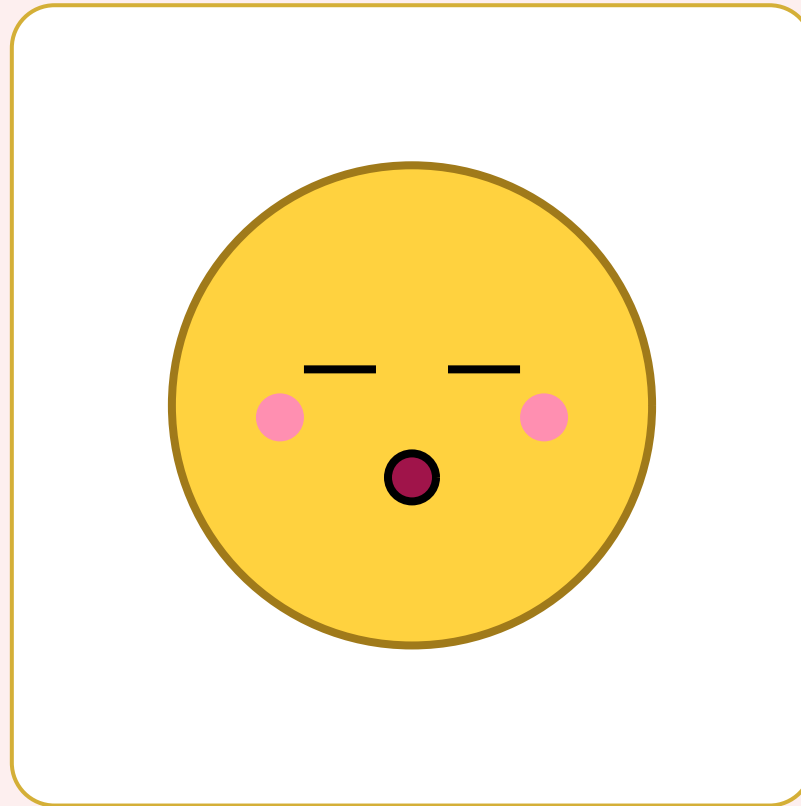
Urdu: Sukoon mein



Show me Calm on your face!

Sleepy

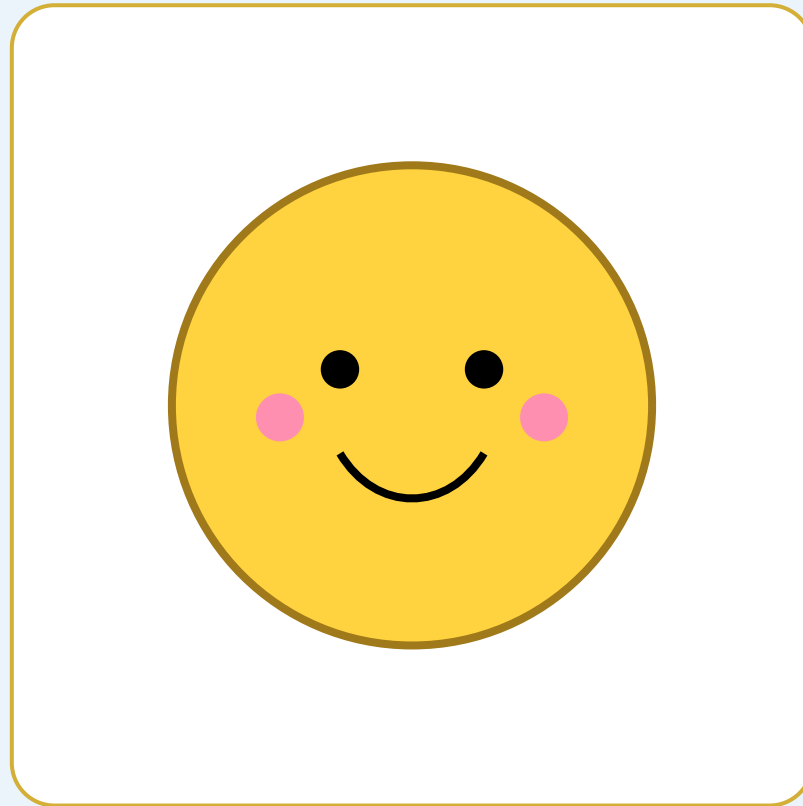
★
Urdu: Neend



★ *Show me Sleepy on your face!* ★

Excited

★
Urdu: Pur-josh



★ *Show me Excited on your face!* ★

I am special.

I am _____

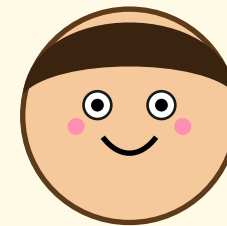
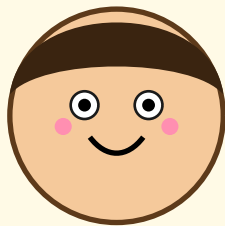
I am kind. I am smart.
I am loved.

Certificate of Achievement

I know my body, my senses and my big feelings!

This certificate is proudly presented to:

(write the child's name here)



Haris Naseer

Modern Day Syllabus • Foundations Series

Founder & CEO, Modern Day Syllabus

A short note for parents and teachers



What this book builds:

- body awareness — the foundation of hygiene & safety
- emotional vocabulary (8 named feelings)
- bilingual (EN+Urdu) name learning

How to teach it well:

- always pair the word with the action — touch, point, copy.
- validate every feeling. 'You feel sad. That is okay.'
- use the calm-breath together: smell the flower, blow the candle.

Coming next: Chef Cheeku's Halal-Healthy Plate.

Modern Day Syllabus • job-ready, idea-ready, world-ready by Class 10.