

TOPIC 6: LIFE IN THE MOUNTAINS

FIGURE OUT YOUR SHERPA NAME

Naming Sherpa kids is as easy as figuring out the day of the week!

Traditionally, boys and girls are named after the day on which they are born. These days, young people often get creative with the spelling of their name – just so they are a little different to their friends with the same name.

DAY	NAME
Sunday	Nima
Monday	Dawa
Tuesday	Mingma
Wednesday	Lakpa
Thursday	Phurba
Friday	Pasang
Saturday	Pemba

ACTIVITY: Ask your family to help you work out what day of the week you were born on and figure out your Sherpa name.

SAY IT: My name is *Pasang* – **Mero naam *Pasang* ho**

SAY NAMASTE

Below are some common words and phrases in Nepali. Why not give them a try?

People in Nepal don't say hello with a wave or a handshake. Instead, they put their palms together and bow their forehead and say "Namaste". Try saying Namaste the Nepali way!

Hello, Goodbye – **Namaste**

Thank you – **dhanyabaad**

Good luck, best wishes, cheers! – **Tashi Delek**

