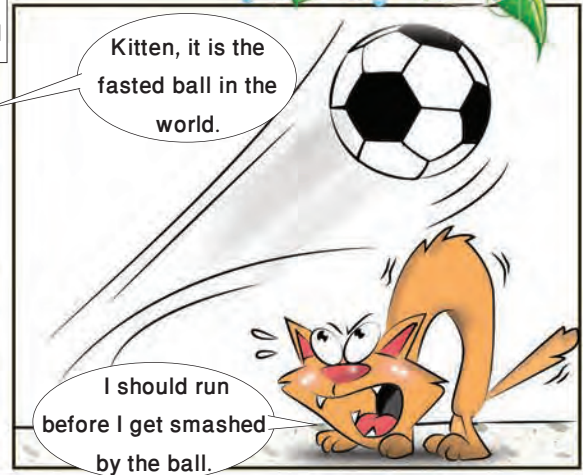
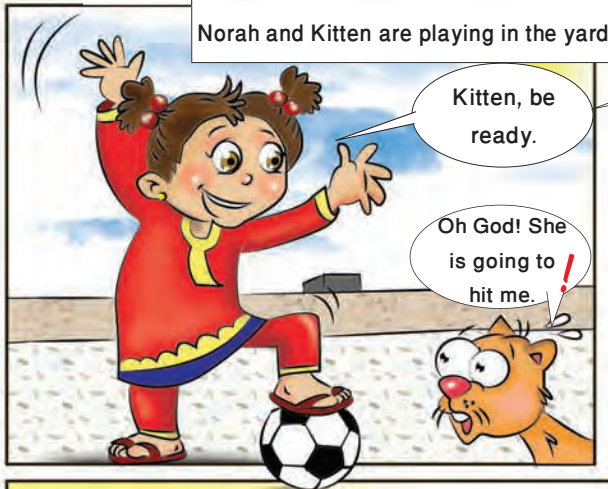


CUTE NORAH



Learn



What should you do if you catch a cold or flu?



Dear friend, the symptoms of cold or flu are as

- 💡 Running nose and sneezing.
- 💡 Sore throat
- 💡 Fever

So if you have any of these symptoms
you should do as follows:

- 💡 Take a lot of rest.
- 💡 Drink a lot of water and fluids.
- 💡 Take your medicine.
- 💡 Don't forget to throw used tissues in the dustbin.



The next day the girl brought the mandoos and put her clothes and some food inside it. In the evening she sat on the mandoos and floated on the sea. After some time she landed on a spot near the sea. The news spread in the village until the wali's son went to see the mandoos and asked some of his men to carry it to his home.



He put it inside his room while the girl was inside it waiting for the wali's son to leave so she could come out to get some air. The wali's son had a maid who would bring food to his room every day. When the maid left, the girl came out and ate from the food which was there. When the wali's son returned home he was surprised to see that his food was missing. When he asked the maid she assured him that nobody had entered the room. The next morning the wali's son stayed in his room and hid behind the mandoos. As usual, the maid came, put the food inside the room, and left. The girl came out to eat the food. The wali's son saw her and immediately like her. In the beginning she was very afraid but he comforted her. When she told him about her story, he wrote to her father to inform him about his daughter. Soon after, they got married and lived happily ever after.



Note: Mandoos is a traditional Omani box made of wood.



The Merchant's Daughter and the Wali's Son

Once, in a village, there lived a merchant who had a shop. One day, a small insect entered the shop. The merchant noticed that but didn't do anything about it. Suddenly, the merchant became very sick and decided to close the shop for three months. During that time, the insect ate all the stuff in the shop. When the merchant became well and opened his shop he was surprised to see a strange animal inside. As he couldn't recognize it he asked his servant Mabrook. "Sir, if I tell you about this animal will you marry me your daughter?" Mabrook said, "Yes, you have my word", the merchant replied. "It looks like an insect. It seems while it was inside the shop it ate all the items", Mabrook explained. The merchant immediately remembered when that insect first entered his shop. The merchant had to honour his word and marry his daughter to Mabrook. However, when the daughter who was beautiful and educated heard about it, she went to one carpenter and asked him to make her a big mandoos.



BLAH

Traditional Game

Kamblila

Number of players: 5 and above.

How is it played?

In the beginning, all players should stand in a semi-circle. After that, one player should stand in front of them in order to throw the ball away.



Then, the players should ask one player to bring the ball and put it in a certain place while the rest of them should hide.

This player should start searching for his friends and whoever he sees should run fast, grab the ball, and say loudly, «Kamblila».



The player who manages to reach first should throw the ball away and say loudly, «Kamblila», after which the players should hide again.

ALSA

Fishing net

Fishing net is a net used to catch fish.



It is made from fibers woven in a net structure. It contains from 300 to 3700 meshes. The threads are knotted by using a big needle.



Lead is also added to the edges of the net to make it heavier.



After the Fishing net spreads out on the water and sinks, the fisher dives to the bottom and collects it. It can also be tied to a fishing line. Once it catches any fish it gets pulled out by hand.

