

Mealtime Shabad

Learning Chart

Name: _____

Instructions

1. Colour in the first star when you **begin** learning the shabad line.
2. Colour in the second star when you are **familiar** with the shabad line.
3. Colour in the third star when you are **confident** with the shabad line.
4. Colour in the fourth star when you have learnt the shabad line **off by heart**. Repeat for all seven lines to master the Shabad.

Visit nishaani.com/mealtime to watch the Jap & Jas Mealtime Shabad animation for an easy, fun way to learn!

Line 1	★	★	★	★
Line 2	★	★	★	★
Line 3	★	★	★	★
Line 4	★	★	★	★
Line 5	★	★	★	★
Line 6	★	★	★	★
Line 7	★	★	★	★



Streaming On
Nishaani

Watch the shabad now at
nishaani.com/mealtime

Share, follow & engage @

🎵 🌐 📺 📷 📱 /wearenishaani

Nishaani
Jap & Jas