

SaiRa SHAH



SUPER CAPTAIN & VANIA SAYAN

MARIA GABRIELA GAMA



COVER NOT
FINAL



THIS BOOK BELONGS TO:

.....

.....



For my favourite supergirl,
Layanah, and my favourite
superwoman, Mummy Xx - S.S.

To Conceição and
Josinaldo - M.G.G.

A TEMPLAR BOOK

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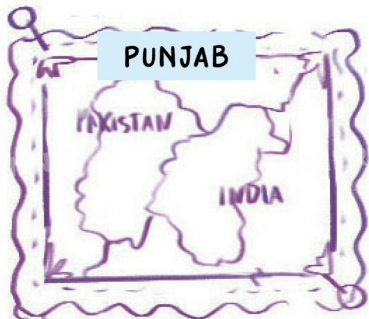
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GLOSSARY

PUNJAB



In this book, you will see some words in Punjabi, which is the official language of the Punjab region. It is also a popular spoken language in Pakistan and India. With its many dialects, Punjabi is spoken by these communities around the world too.



- ★ **Aaho** – Yes
- ★ **Jaan** – A term of endearment for loved ones
- ★ **Khao** – Eat
- ★ **Khedo** – Play
- ★ **Main teru pyaar karni haa** – I love you
- ★ **Mehndi** – Henna is painted onto the skin for celebrations

- ★ **Nani** – Maternal grandmother
- ★ **Salwar kameez** – A traditional South Asian outfit worn by women and men. The trousers are the salwar and the dress is the kameez. Women also wear a long scarf called a dupatta with the outfit
- ★ **Sehna** – Sleep



A NOTE FROM THE AUTHOR...

Around the world, there are many children with loved ones who live far away and who speak different languages. Unfortunately, this can sometimes make it difficult to get to know each other. My mum and my daughter faced the same problem because they speak different languages. But over the years, something incredible happened. Using key words and gestures, they found a new way to communicate.

Inspired by them, I wrote Yazmin and Nani's story. I added Captain Yaz too because I wanted to share the Pakistani tradition of mothers making hand-sewn rag dolls for their children to play with. My mum still remembers playing with her dolls and all the adventures they went on together.

So I hope this story's message is simple. If you should ever meet somebody who speaks another language, remember all you need is a little patience and some imagination, and you too can find a new way to communicate.


Just like Yazmin and Nani.

Saira x





In a large, bustling city, there lived a little girl called Yazmin.



And in a small village far away, there lived an old lady called Nani.

Yazmin was Nani's granddaughter.

But the two of them had never, ever met.



One morning, Yazmin
woke up to . . .



Mummy putting up bunting.



Daddy stirring the curries,



and a living room **FULL** of balloons!

"What's going on?"
Yazmin asked.

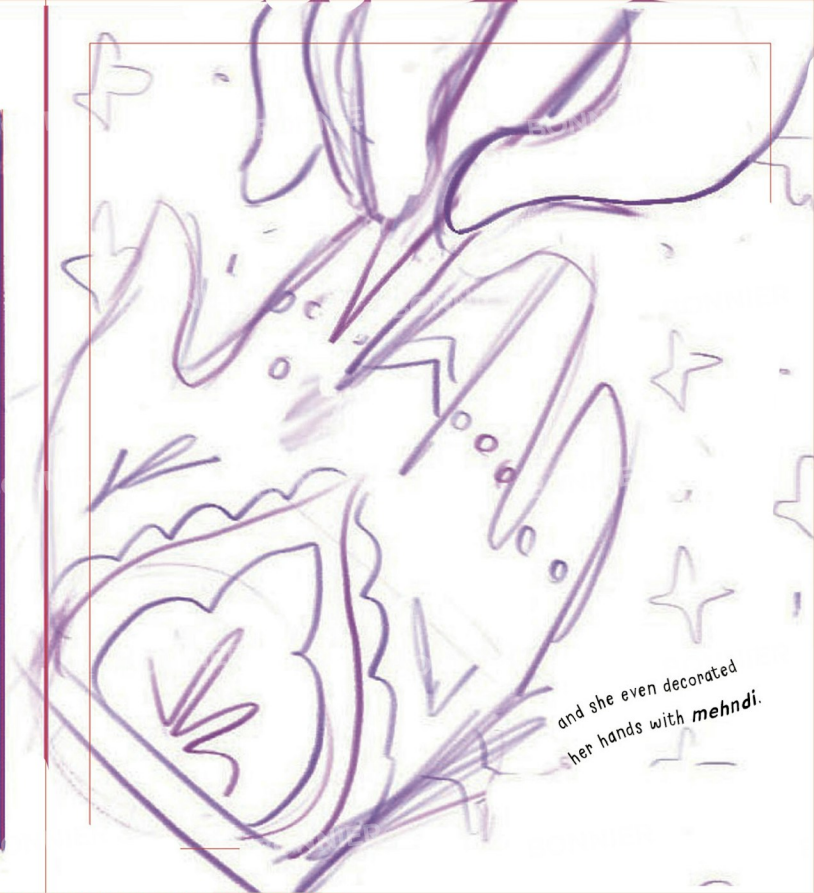
"Nani's flying over to meet you,"
said Mummy. "And she's staying
with us for three whole months!"

Yazmin was so excited.

She put on her favourite
salwar kameez . . .



She had her hair plaited . . .



and she even decorated
her hands with *mehndi*.

Yazmin couldn't wait to play with Nani and asked Mummy,
"Which toys does Nani like?"

Mummy had a think.
"Well Nani used to love
making all my dolls.
So, why don't you play
dolls together?"



"Dolls? You mean action figures,"
sighed Yazmin.



But it was a good idea,
so Yazmin got her squad ready.



A few hours later, there was a knock at the door . . .

With kind eyes, a big smile and arms wide open, it was Nani!



Once Nani was settled, Yazmin brought over her superheroes.



Nani looked over at Mummy and the two of them began to speak.



That's when Yazmin realised she had a problem. . .

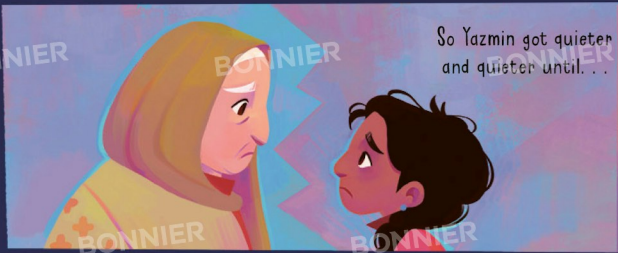
"Nani can't understand you, *jaan*. She only speaks Punjabi," explained Mummy.

Yazmin felt sad.
How could she play
with Nani now?



As the days went by, talking to Nani became harder and harder. . .

So Yazmin got quieter
and quieter until. . .



There was silence.



Then one day, Yazmin saw Nani with Mummy's sewing box.



"What's Nani making?" asked Yazmin.
"I'm not quite sure," said Mummy.
"Maybe you could find out?"

So Yazmin sat nearby and watched.



The watching didn't last long because when Nani's pencil snapped. . .



Yazmin and Nani started working together.



But, what had they made?

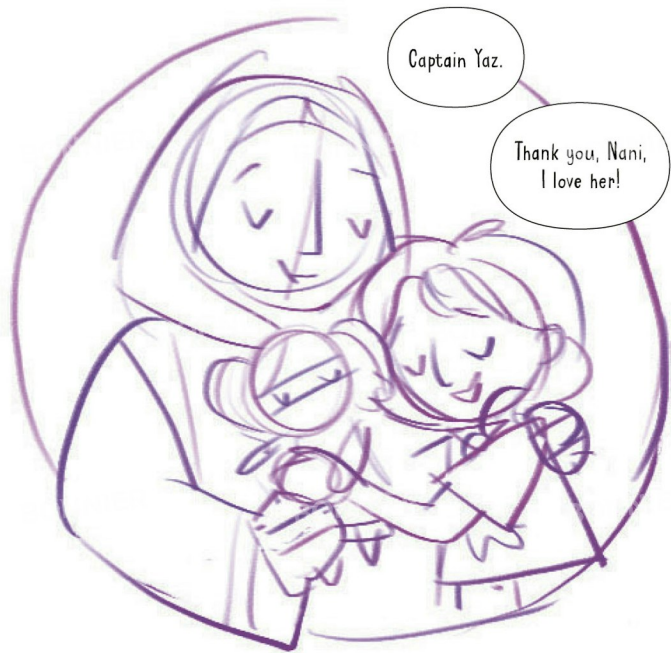


A RAG DOLL!



With a *salwar kameez* suit, plaits braided as wings, and laser *mehndi* hands, this was no ordinary rag doll.

It was a **SUPERHERO**, and it looked just like Yazmin.



Captain Yaz.

Thank you, Nani,
I love her!

After that day, Nani and Yazmin played with Captain Yaz all the time.
The trio fought battles to save the world. . .

In the kitchen -



At the park -



And even at the mosque -



Through all of these adventures, Yazmin discovered something incredible. . .



She could talk to Nani.

When Yazmin wanted Nani to . . .

Help her defeat an evil villain, she said:

Play!



Enjoy a victory feast, she said:

Eat!



And put Captain Yaz to bed, she said:

Sohna...

Sleep...



Talking to Nani wasn't so difficult after all.
All it took was a little patience and some imagination.

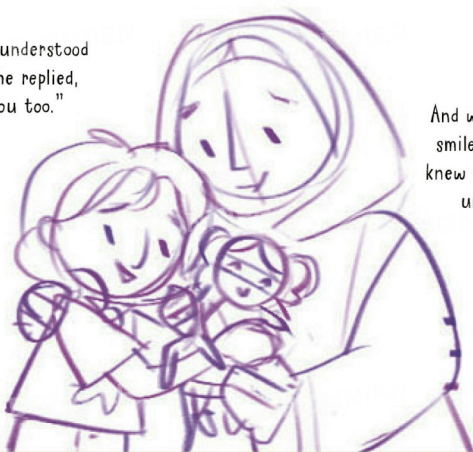
Three months passed. It was time for Nani to go home.

*Main teru
pyaar karni
haa, Yazmin.*



Yazmin could feel the love Nani was sharing through words she did not recognise.

Yazmin had understood Nani. So she replied, "I love you too."



And when Nani smiled, Yazmin knew that Nani understood her too.



At home, Yazmin asked,
"Will Nani forget about me?"

"Of course not," said Mummy.
"You and Nani share a bond
that can never be broken. . .

No matter the language.
No matter the distance."

I think Captain Yaz
is missing Nani too.
Shall we make her
a friend?

Aaho!

So as the two of them began work on their new superhero,



Yazmin chose the perfect name. . .



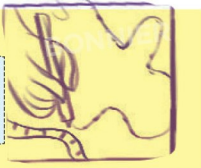
SUPERHERO RAG DOLL INSTRUCTIONS



Please make sure an adult helps you with this activity, especially when using scissors and sewing needles.

1

Use tracing paper over the rag doll template and copy the shape. Ask an adult to carefully cut around the shape you've drawn on your tracing paper.



2

Carefully pin the tracing paper template onto a cotton piece and cut around it. Repeat this process on the second piece of cotton.



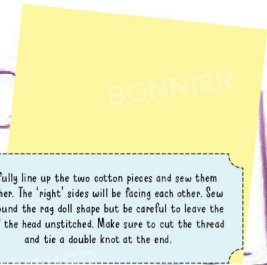
3

Measure and cut 60cm of thread. Ask an adult to help you slide the thread into the needle. Tie a double knot at the end of the thread.



4

Carefully line up the two cotton pieces and sew them together. The 'right' sides will be facing each other. Sew all around the rag doll shape but be careful to leave the top of the head unstitched. Make sure to cut the thread and tie a double knot at the end.



What you'll need:

- ★ Tracing paper, pencil, scissors and pencil for the template
- ★ Two 18cm x 25cm cotton fabric pieces (skin tone colour)
- ★ Six pins
- ★ Cotton thread, needle and fabric scissors
- ★ Stuffing
- ★ Kitting yarn (hair colour)
- ★ Fabric pens
- ★ 15cm x 15cm fabric piece for the cape (any material, design and colour)

5

BONNIER

Turn the rag doll inside out and stuff the rag doll from the head opening. Use a pencil to push the stuffing down into the arms and legs.

6



Fold the edges of the opening towards the inside and stitch it closed.

7



Cut several knitting yarn strands to whatever length you like. Sew the needle through the centre of every yarn strand. Once done, cut the thread and tie double knots at either end. Then using a running stitch, sew the middle of the hair on to the head. Start from the front of the head and work your way to the back.

8



Use fabric pens to draw on your rag doll's face and superhero suit.

9



Tie the cape fabric piece around the rag doll's neck.

10

Finally, choose a superhero rag doll name.

Now it's time to save the world.
Good luck, Superhero!
Share your photographs with us at...





