

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 4 -Bumps/bangs & cuts

Sample Routine

	<p>Have an accident and cut your hand</p>
	<p>Disinfect the cut</p>
	<p>Have an accident and bump your head</p>
	<p>Ice the bump</p>
	<p>Dress the injury</p>
	<p>Check on the cut / lump</p>

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Essential Vocabulary

Word	Type	Definition	Example
Cut	Noun	An injury where the skin breaks, that usually bleeds.	Ouch! You have a cut on your finger.
To cut	Verb	To accidentally hurt yourself with a sharp object, and draw blood.	Oh sweetie, did you cut your arm?
Gash	Noun	A long, deep cut.	Look at that gash on your knee! How did you do that?
Graze / Scrape	Noun	An injury to the surface of your skin as a result of rubbing your body against something rough or uneven.	Don't worry honey, it's just a little scrape / graze.
To graze / To scrape	Verb	To cause injury to your skin by rubbing it against something rough or uneven.	If I were you, I'd move away from that rough wall. You might graze your arm.
Scratch	Noun	A very small, shallow cut on the skin.	Have you got a scratch on your elbow? It'll be better in no time!
To scratch	Verb	The action of making small, not very deep cuts on your skin.	Did you scratch your ankle on your bicycle pedal again?
Booboo / Ouchie	Noun	A childish expression used to describe a cut or other minor injury.	Oh baby, do you have a booboo / ouchie?
Lump / Bump	Noun	A small, hard mass that appears on the body due to injury or illness.	Goodness you have a big bump / lump where you banged your head!
To bump / bang	Verb	To accidentally hit yourself against something or someone (often with force).	Watch out! You're going to bump into the slide!
Swelling / Inflammation	Noun	An area of your body that changes in size and shape, becoming bigger than usual, as a result of illness or injury.	Let's put some ice on your bump to avoid it swelling.
Bruise	Noun	A purple or blue mark that shows up on your skin, usually as a result of banging into something.	That's a big bruise on your knee! What happened?
To bruise	Verb	To injure yourself and cause a purple or blue mark to show up on your skin.	I know your leg hurts honey, but you've only bruised it.

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Essential Vocabulary

Word	Type	Definition	Example
Blister	Noun	Damage caused to your skin as a result of repeated rubbing or a burn. A "bubble" full of liquid forms underneath the skin.	Ouch! It looks like your shoes have rubbed and given you a blister.
To feel dizzy	Phrasal verb	To experience a sensation as though everything is spinning, making you feel unstable and unable to keep your balance.	Did the roundabout make you feel dizzy? Just sit down on the floor for a second.
To bleed	Verb	To lose blood, usually as a result of injury or illness.	Let me get a tissue sweetie, your cut is bleeding.
Plaster / Sticking plaster / Adhesive plaster	Noun	A strip of material that sticks to your skin so as to cover small cuts.	Let's put a plaster on that cut.
Disinfectant cream or spray / Antiseptic cream or spray	Noun	A liquid or lotion designed to kill germs and bacteria.	Ouch, you've scraped your knee! We need to clean it with some antiseptic spray.
To disinfect / clean a cut	Verb	To sterilise an injury using a substance that kills germs and bacteria.	Sweetie, please let me disinfect your cut.
To sting	Verb	To feel a sharp pain in a localised part of your body.	I know it stings, but we have to use some disinfectant cream I'm afraid.
Stitches	Noun	Pieces of surgical thread that hold the skin around a wound together for it to heal.	Your cut's not that bad! I don't think it needs stitches.
First aid kit	Noun	A box, bag or container with the basic equipment you need to give immediate medical help in an emergency.	I'm sure I've got plasters in my first aid kit, let me check.
Gauze	Noun	A light cloth with tiny holes that is completely germ free.	I'm going to dry your cut with some gauze. Keep still please.
Ice pack	Noun	A bag filled with (frozen) liquid that you use to cool parts of the body that are injured or painful.	Oh sweetie, did you bang your head? Come here & put the ice pack where it hurts.
Bandage	Noun	A long strip of cloth you use to wrap around a part of someone's body when they've injured it.	Hmmm, let me put a bandage on your ankle it to support it.

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Essential Vocabulary

Word	Type	Definition	Example
To sprain / To twist	Verb	To accidentally hurt a joint such as your wrist or ankle, by twisting it or bending it unnaturally.	Your school called me this morning and said you twisted your ankle. Does it still hurt?
To fall / To fall over	Phrasal verb	To accidentally move from an upright or standing position to lying / sitting on the ground. Usually used when someone accidentally trips over something.	Oopsie, did you fall over honey? I'll help you get up.
To fall down	Phrasal verb	The same as "to fall" but usually used to emphasize falling from a height to a lower position.	Careful you don't fall down the stairs!
To fall off	Phrasal verb	The same as "to fall" but usually used to describe falling from something that you're on top off, onto something underneath.	Honey, look what you're doing or you'll fall off the rope bridge!
To trip	Verb	To bump your foot on something, causing you to lose your balance and fall (or nearly fall).	Watch out! Don't trip over that stone!
To slip	Verb	To accidentally lose your balance, often because the floor is wet.	The floor is a bit wet today, careful you don't slip.
To kiss (something) better	Phrasal verb	To "cure" a part of the body and make it "feel better" by giving it a kiss.	Let me kiss your booboo better.

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Idioms

Idiom	Definition	Example
To do (oneself or someone) an injury	To do something that harms or injures oneself or someone else.	You'll do yourself an injury if you go down the slide like that!
Black & blue	To be badly bruised.	Oh honey! You're legs are black and blue! How did you manage to get so many bruises?
To patch someone up	To try to fix someone's injuries with basic medical care.	Did you cut your knee? Come here and let me patch you up!
To be in the wars	To have a number of injuries.	Oh goodness! Did you hurt yourself again? You have been in the wars haven't you!
Back on your feet	To recover from an illness or injury and be in good health.	Let's put some antiseptic cream and a plaster on your cut, and you'll be back on your feet in no time.
Right as rain	To recover from an illness or injury and be in good health.	Come on sweetie, I'll kiss your elbow better and you'll be as right as rain again.
Good as new	To recover from an illness or injury and be in good health.	Let me see your bump... Put an ice pack on it for 5 minutes and you'll be good as new!

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Week 4 -Bumps/bangs & cuts

Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

BUMPS AND BANGS

ELEMENTARY

1. Oh, sweetie pie, did you bump into the slide?
2. Careful! Remember, you can't stand up if you're under the table. You'll bump your head!
3. Oops, did you slip and bang your botty on the floor?
4. How did you get that bruise on your leg? Did you bump it against the corner of the table?
5. Ouch, you've got a big lump on your head! Oh, it's from when you banged it on the floor!
6. Honey, you twisted your ankle when you fell off the roundabout. Let's go home and put a bandage on it.
7. We need to stop your knee from swelling. Let's put some ice on it.

INTERMEDIATE

1. Oh, sweetie pie, did you bump into the slide and hurt your arm?
2. Careful! You can't stand up if you're under the table, it's too low. You'll bump your head!
3. Oops, did you slip and bang your botty on the floor? That must've hurt!
4. How did you get that bruise on your leg? Is that from when you bumped it against the corner of the table?
5. Ouch, you've got a huge lump on your head from when you banged it on the floor!
6. Honey, when you fell off the roundabout I think you twisted your ankle. We need to go home & put a bandage on it.
7. You need to put some ice on your knee where you hit it. That'll stop it from swelling.

ADVANCED

1. Oh, sweetie pie, you bumped into the slide and hurt your arm, didn't you?
2. Careful! Remember, the table is really low and you can't stand up if you're underneath it. You'll bump your head!
3. Oops, what happened? You slipped and banged your botty on the floor? I'm so sorry, that must have hurt a lot.
4. Deary me! That's a big bruise on your leg! Did you get that when you bumped into the corner of the table?
5. Ouch, you've got a lump the size of an egg on your head! It must be from when you banged it on the floor!
6. Honey, does your ankle hurt when you walk? I think you landed badly and twisted your ankle when you fell off the roundabout. We should bandage it up.
7. Let's put some ice on your knee where you hit it against the bench. That'll stop any swelling.

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Week 4 -Bumps/bangs & cuts

Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

CUTS

ELEMENTARY

1. Oh honey, did you fall over?
2. Did you scrape your knee? Does it hurt?
3. How did you get that graze?
4. Oops, you've got a booboo on your elbow. It's bleeding.
5. Let me have a look at your cut please... It's ok!
6. Let's get you home. We need to clean up your cut so it doesn't get infected.
7. We have to wash your cut with some soap and water.
8. I'm going to dry it with some gauze.
9. Let me disinfect your scratch with... disinfectant cream/ antiseptic...
10. It might hurt/sting a little bit.
11. If it hurts a lot, let me know and we can take a break.
12. Let me put a plaster on your cut.

INTERMEDIATE

1. Oh honey, were you running and you fell over?
2. Ouch!! It looks like you scraped your knee? Does it hurt a lot?
3. You've got a big graze on your arm. How did you do that?
4. Oops, you've got a booboo. You've cut your elbow and it's bleeding.
5. Stay still and let me take a look at your cut please. It doesn't look too bad...
6. Time to get you home and cleaned up. You don't want your cut to get infected, do you?
7. The best thing to do is wash your cut with a bit of soap and water.
8. Let me dab your cut dry with some gauze.
9. We should probably put some disinfectant cream/ antiseptic on your scratch too.
10. This is most likely going to hurt/sting a little bit.
11. If it hurts too much, just say so and we can take a break.
12. Can I put a plaster over your cut please?

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Sentences

Read through these sentences. Identify which ones fit in best with your daily routine and level of English so you can gradually introduce them into your conversations with your kid (about 3-5 each week). You can “mix and match” sentences from different levels.

CUTS

ADVANCED

1. Oh honey, have you had an accident? You were running and you fell over?
2. Ouch!! You seem to have scraped your knee. How badly does it hurt?
3. Goodness! Look at that big graze all down your arm. How did you manage to do that?
4. Oops, looks like you've got a booboo! You've got a cut on your elbow and it's bleeding a bit.
5. Can you just stand still for a second and let me take a look at your cut please? Ok, crisis over, it doesn't look too bad...
6. Righty-ho, I think we need to get you home and cleaned up. We wouldn't want your cut to get infected!
7. First step: rinse and wash your cut in the sink with some soap and water.
8. Hold still! I need to dry your cut with some gauze. Let me just dab it a bit.
9. I think we should probably clean up your scratch a little more with... disinfectant cream/ antiseptic.
10. Brace yourself, I think this is going to hurt/sting a little bit.
11. If you need a break cos it hurts too much, just say the word and I'll stop!
12. Let me cover your cut up with a plaster to stop it getting dirty or infected.

Playgrounds & Illnesses / Injuries

Week 4 -Bumps/bangs & cuts

In Context: Newspaper Article

You'll find a lot of this week's vocabulary and sentences in context in this article about how to deal with minor injuries like bumps, bangs and cuts. Remember to make this text work for you, so highlight words, underline expressions, look up definitions, etc... **

THE BILINGUAL NEWS

DEALING WITH MINOR INJURIES AS A PARENT

While young children are still developing their gross motor skills and discovering the world around them, it's only natural that they fall down, trip over, bump into things, and bang themselves, resulting in many a scratch, scrape, graze, cut or lump.

My name is Dr I. M. Clumsy and I've written this article in order to help you understand the best way to deal with minor injuries, specifically cuts, grazes and bumps. But please remember, if you're concerned, or the injury seems serious, please go to your local medical centre or nearest hospital.

When I was a kid, my legs were always black and blue! I was constantly in the wars and my poor mother suffered continuously! But she quickly learned how to patch me up and I was always back on my feet and up to no good again within 5 minutes of hurting myself! So, from my mum (and my studies) to you...

What to do if your child gets a cut or graze:

- 1. Hygiene first!** Wash your hands to avoid getting the cut/graze dirty.
- 2. Stop the bleeding.** Most minor scrapes will stop bleeding by themselves. But if you need to stop a wound from bleeding, apply light pressure to the area with a clean gauze or cloth.
- 3. Clean and disinfect the cut/graze.** Rinse the area with water, you can put the cut right under the tap. Then clean the area with some soap, but avoid getting soap in the cut. Next, dry the area with a clean gauze or cloth and use disinfectant cream/ antiseptic. I wouldn't recommend using iodine as it can irritate the skin.
- 4. Cover the cut/graze.** If you think it's necessary, use a plaster to cover the area and keep it clean.
- 5. Check on the injury.** Have a look at the cut/graze once a day to make sure everything's healing properly and change the dressing if it's wet or dirty.

What to do if your child bumps into something:

- 1. Check the area.** If they've broken the skin where they've bumped themselves, treat accordingly.
- 2. Use an ice-pack.** A cold compress such as an ice-pack or bag of frozen peas or vegetables will help reduce swelling. Do not apply directly, rather place a tea towel between the ice-pack and your child's skin.
- 3. Rest!** Avoid activities that could make the injury worse such as jumping on a trampoline, contact sports or generally playing rough.

Please note that bumps to the head are more serious and should be seen to by medical professionals.

Another thing I always recommend is having a fully stocked first aid kit at home and/or in the car. Make sure you have everything you need to deal with minor injuries (disinfectant, bandages, gauze, plasters, painkillers...) and remember to check your kit periodically to ensure the medicine or treatments don't go out of date.

My last piece of advice would be to have your local doctor's surgery details with you at all times. Add them as a contact on your phone and add a note with all the relevant information in case of emergency.

I hope you've found this article helpful! You might not be able to wave goodbye to those booboos, lumps and bumps just yet. But at least now you know how to deal with them!

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Week 4 -Bumps/bangs & cuts

Exercise 1: Synonyms

Below there are 5 sets of words/expressions related to bumps, bangs and cuts. Each set includes three synonyms and one word/expression that isn't a synonym. Your job is to find the odd one out in each set! You'll find the answers on the next page.

To bump into:	To bang into	To crash into	To knock into	To crack into
To scrape:	To rasp	To blaze	To graze	To scratch
To feel dizzy:	To feel bumbled	To feel giddy	To feel woozy	To feel light-headed
To sprain:	To roll	To twist	To turn	To grab
To disinfect:	To spritz	To sterilise	To clean	To sanitise



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Exercise 2: Fill in the gaps

Read the 12 sentences below and fill in the sentences with the missing words. Only use each word once.

twist / lump / right as rain / booboo / scratch / wars / bump into / patch you up / disinfectant / plaster / bandage / cut / bruise / sting

1. Oh sweetie, would you like me to kiss your _____ better?
2. Did you fall over and get an ouchie? You are in the ___ lately aren't you!
3. Ouch! Did you _____ the door frame? You're gonna get a big bruise!
4. Don't worry, your _____ will stop bleeding soon. It's really only a little _____.
5. Let me check your cut please. I think we need to put a new _____ on that.
6. Did you _____ your ankle? We need to get some ice on it as soon as possible.
7. I can put a _____ on your ankle sweetie. We don't need to go to the doctor's for that.
8. Come here and I'll _____. You'll be _____ in a minute!
9. Goodness, look at that _____! You're black and blue all over!
10. Sweetie, let's wash the graze on your knee and put some _____ on it. You'll be back on your feet in no time.
11. Does the disinfectant _____? Count to 5 and it'll be better, I promise!
12. You've got a _____ where you banged your elbow. Let's ice it and you'll be good as new!

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Exercise 2: Fill in the gaps - Answers

Read the 12 sentences below and fill in the sentences with the missing words. Only use each word once.

twist / lump / right as rain / booboo / scratch / wars / bump into / patch you up / disinfectant / plaster / bandage / cut / bruise / sting

1. Oh sweetie, would you like me to kiss your booboo better?
2. Did you fall over and get an ouchie? You are in the wars lately aren't you!
3. Ouch! Did you bump into the door frame? You're gonna get a big bruise!
4. Don't worry, your cut will stop bleeding soon. It's really only a little scratch.
5. Let me check your cut please. I think we need to put a new plaster on that.
6. Did you twist your ankle? We need to get some ice on it as soon as possible.
7. I can put a bandage on your ankle sweetie. We don't need to go to the doctor's for that.
8. Come here and I'll patch you up. You'll be right as rain in a minute!
9. Goodness, look at that bruise! You're black and blue all over!
10. Sweetie, let's wash the graze on your knee and put some disinfectant on it. You'll be back on your feet in no time.
11. Does the disinfectant sting? Count to 5 and it'll be better, I promise!
12. You've got a lump where you banged your elbow. Let's ice it and you'll be good as new!



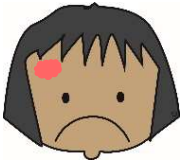
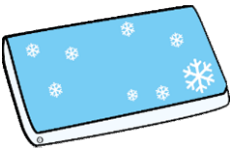
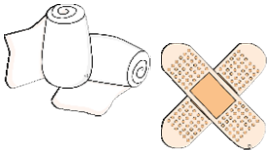
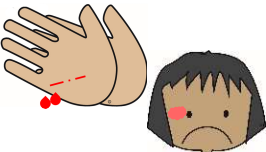
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Exercise 3: Sentences

1. It's time for you to start preparing the conversations you'll have regarding playground routines, and adapting/personalising everything you've seen this week.
2. Please write 3 to 5 sentences that feel natural to use with your kid for each step of this routine. Use my list of essential vocabulary and sample sentences to help you.
3. Next, select 3 to 5 of these sentences in total to introduce into your daily conversations this week. And write them, alongside any other goals you have for this week, on your calendar
4. Once you've successfully started using these sentences, you can come back to this page and set yourself a new goal of 3-5 more.
5. Make sure to keep track of when you use your target sentences with your kids. Write down anything of interest (how your kid reacted, what s/he said, whether it helped or not...). You should do this daily!

Step	Sentence
	Have an accident and cut your hand
	Disinfect the cut
	Have an accident and bump your head
	Ice the bump
	Dress the injury
	Check on the cut / lump