
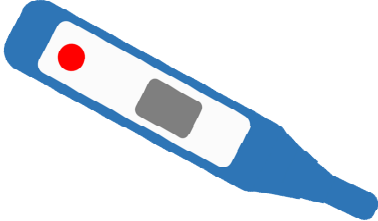
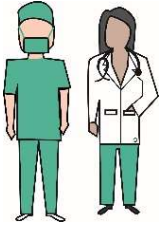

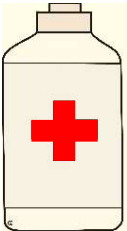
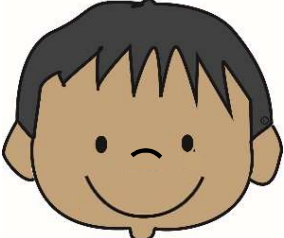


Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

Sample Routine

	Catch a cold Get ill / sick
	Take your temperature
	Go to the doctor
	Rest
	Take some medicine
	Get better / recover

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 – Temperature & Colds

Essential Vocabulary

Word	Type	Definition	Example
Cold	Noun	A common illness which can make you have a runny or blocked nose, sneeze, cough and sore throat.	Darling, you really do have a nasty cold!
To catch a cold	Expression	To become ill with a cold.	Oh no! You've caught a cold.
To cough	Verb	To push air out of your throat suddenly, often making a deep noise.	I heard you coughing all through the night!
To sneeze	Verb	To draw in breath and force it out of your nose suddenly.	Do you need to sneeze again honey?
Snot	Noun	A mucus type substance produced inside your nose.	You've got snot all over your nose! Please clean it!
Runny nose	Expression	When snot takes on a very liquid consistency and drips out of one's nose.	Goodness, what a runny nose you have!
Blocked / Stuffy nose	Expression	To have nasal congestion, making it difficult to breath through your nose.	Oh honey, do you have a stuffy nose? Try blowing it.
Sinusitis	Noun	An illness where your sinuses are swollen and irritated, causing headaches and discomfort.	The doctor says you have sinusitis. I'll give you some paracetamol for the pain.
Headache	Noun	A pain you feel inside your head.	You're running a temperature. Do you have a headache?
Sticky eyes	Expression	A condition where excess mucus or discharge causes your eye lids to stick together.	You have such a nasty cold don't you? You've even got sticky eyes!
Sore throat	Noun	A condition in which your throat hurts, especially when you swallow.	I'll make soup for dinner if you have a sore throat.
Ulcer / Mouth ulcer	Noun	A little blister-like sore found inside the mouth.	Ouch! Let me put some cream on your mouth ulcer.
Bless you	Expression	Used after someone has just sneezed.	Bless you sweetie!

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

Essential Vocabulary

Word	Type	Definition	Example
To be ill / sick	Phrasal verb	To feel unwell or suffer an illness / disease.	Do you feel ill / sick honey? What's wrong?
To get ill	Phrasal verb	To become unwell.	Do you have a headache? I think you're getting ill...
Fever / Temperature	Noun	The amount of heat in your body.	You feel hot. I wonder if you have a temperature...
To run / have a temperature	Phrasal verb	To have a higher body temperature than normal, indicating illness.	Oh goodness! You're running a temperature.
To take someone's temperature	Phrasal verb	To measure your body's heat.	Come here sweetie. Let me take your temperature.
Thermometer	Noun	The instrument used to measure the amount of heat in your body.	Oh no, where did I put the thermometer?
Rash	Noun	A condition where a large number of small red spots appear on the skin.	Don't scratch! You've got a rash on your leg.
Measles	Noun	An infectious disease that produces small, red spots all over the body.	George has measles! He won't be at school for a week or so.
Chicken pox	Noun	An infectious disease that gives you a temperature and produces itchy red spots all over your body.	A kid in your sister's class has chicken pox!
Hand, foot and mouth disease	Noun	A common illness in children that causes mouth ulcers and a rash usually located on the feet and hands.	Honey, you can't go to nursery today I'm afraid. You have hand, foot and mouth disease.
Medicine	Noun	Treatment for illnesses and injuries.	It's 3 o'clock. Time to take your medicine!
Pill / tablet	Noun	A small, hard piece of medicine that a person swallows without chewing.	I have an awful headache. I need to take a tablet.
Painkiller	Noun	A medicine that is taken to reduce physical pain.	The doctor told me to take some painkillers for my cold.

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

Essential Vocabulary

Word	Type	Definition	Example
Ibuprofen	Noun	A specific type of painkiller, designed to reduce physical pain.	The chemist said ibuprofen will stop your ankle from hurting.
Paracetamol	Noun	A specific type of painkiller, designed to reduce physical pain.	If you have a headache, I'll give you some paracetamol.
Antibiotics	Noun	A medicine designed to destroy harmful bacteria in the body.	You need to take antibiotics to get rid of your throat infection.
Cough Syrup	Noun	A thick liquid medicine taken to reduce coughing.	Hmmm, that cough sounds awful. You should take some cough syrup.
Decongestant	Noun	A thick liquid medicine designed to break down snot and help you breathe more easily.	The doctor said you need to have some decongestant every morning.
Vaccine / injection / jab	Noun	A medicine with antibodies injected into your body to help fight off disease.	You have your flu injection on Monday...
Chemist / pharmacy	Noun	A shop where medicines are sold or dispatched.	We need to pick up your medicine from the pharmacy.
Prescription	Noun	A document on which a doctor writes down the medicines that someone needs.	We need a prescription for your asthma medicine.
To get better / recover	Phrasal verb	To return to good health after an illness or injury.	You'll get better in no time!

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

Idioms

Idiom	Definition	Example
Coughing and spluttering	To produce short, rasping noises from your mouth, because you cannot breathe properly.	My goodness, you've been coughing and spluttering all day long!
To come down with something	To get ill.	Hmmm, looks like you're coming down with the flu...
To be bunged up	To have nasal congestion, making it difficult to breath through your nose.	Goodness, you sound like an alien when you talk! You're all bunged up.
To be as sick as a dog	To be very ill.	I was as sick as a dog last night, I didn't sleep a wink!
To feel like death warmed up	To feel awful.	Uhhhh, I feel like death warmed up! I can't go to work like this!
To feel under the weather	To feel unwell.	Oh you are feeling under the weather aren't you?!
As pale as ghost	To have no colour in your cheeks or face due to illness or worry / concern.	My gosh you're as pale as a ghost! Are you ok?
Out of sorts	To feel slightly unwell.	You're a bit out of sorts today. I wonder if you're coming down with something...
To get over something	To have returned to good health after an illness or injury.	You got over that cold in no time!
On the mend	To be getting better after illness or injury.	Take your medicine and you'll be on the mend!
Full of beans	To have a lot of energy.	You're so much better after that nasty virus, and full of beans!
Fit as a fiddle	To be in perfect health.	Your sore throat is long gone! You're fit as a fiddle!

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

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.

TEMPERATURE

ELEMENTARY

1. Hmm, you feel a bit hot. You might have a temperature.
2. I'm going to take your temperature with the thermometer.
3. Please put the thermometer under your arm honey.
4. Make sure your t-shirt is out of the way.
5. It says your temperature is a bit high. 38 degrees.
6. Let's give you some paracetamol.
7. I'll check if you're running a temperature again in a couple of hours.
8. Please lie on the sofa now and rest.
9. The thermometer says your temperature is 36 degrees. So you don't have a fever.
10. You look a lot better! You recovered so quickly!

INTERMEDIATE

1. Hmm, you don't look so good. I think you might have a temperature.
2. I'm going to take your temperature. Do you feel a bit under the weather?
3. Sweetie, please put the thermometer carefully in your armpit.
4. Make sure your t-shirt doesn't get in the way of the thermometer.
5. Your temperature is coming up as 38 degrees. That's a bit high.
6. I'm going to give you some paracetamol. Let me measure out the correct dose.
7. Let's wait a couple of hours, then I'll check if you're still running a temp.
8. Why don't you lie on the sofa now and rest?
9. Look at that! Your fever's gone away! The thermometer says 36 degrees.
10. What a speedy recovery! You got over that quickly!

ADVANCED

1. Hmm, you're pale as a ghost! I wonder whether you have a temperature?
2. Let me take your temperature. Do you feel like you're coming down with something?
3. Remember darling, you have to put the thermometer in your armpit and squeeze your arm down tightly.
4. Hold your sleeve back and make sure your t-shirt doesn't get in the way of the thermometer.
5. Oh you are out of sorts! Your temperature is coming up as 38 degrees. That's a bit high.
6. Let's get some paracetamol down you. I'm just going to measure out the correct dose.
7. Right, now we need to wait a couple of hours before I check your temp again.
8. I think the best plan of action is for you to lie on the sofa now and rest.
9. You're on the mend! Your fever's gone away! The thermometer says 36 degrees.
10. You got over that quickly! You'll be full of beans in no time!

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

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.

COLD

ELEMENTARY

1. Oh baby! You keep coughing and sneezing.
2. Does your throat hurt? Have you caught a cold?
3. You sound like you have a stuffy nose.
4. If you've got a runny nose, please blow it on a tissue.
5. Goodness, what a snotty nose you've got! Please blow it!
6. Don't wipe your nose on your sleeve please!
7. Don't sniff, it'll give you a headache.
8. Cover your mouth when you cough please.
9. Let's go to the doctor's/pharmacy and see what medicine you could take.
10. I think you should have a warm shower and then rest for a while.
11. You'll be much better in a couple of days.

INTERMEDIATE

1. Oh baby! You keep coughing and sneezing all over the place.
2. Do you have a sore throat? I think you may have caught a cold.
3. Wow, you sound like you have a stuffy nose. You're all bunged up!
4. Your nose is running! Go and get a tissue to blow your nose on please.
5. Sweetie, you have the snottiest nose! Please blow it!
6. That's disgusting! Don't wipe your nose on your sleeve please!
7. If you keep sniffing, you'll get a headache.
8. Could you cover your mouth with your hand when you cough please?
9. I've got you a doctor's appointment. She'll tell us what medicine you should take.
10. Why don't you have a warm shower and then rest for a while?
11. You'll get over it in a couple of days.

ADVANCED

1. Oh baby! You keep coughing and spluttering! And you're sneezing everywhere!
2. Do you have a sore throat? Does it hurt when you swallow? I think you've got a nasty cold.
3. Wow, that's the stuffiest nose I've ever heard! You're all bunged up!
4. Your nose is running! There's snot on your face! Go and get a tissue and blow your nose please.
5. Sweetie, you have such a snotty nose! Please blow it before it gets worse.
6. That's gross! I don't want to see you wipe your nose on your sleeve again please!
7. You'll end up with a headache if you keep sniffing like that!
8. It's not nice to cough everywhere. Please cover your mouth if you feel you need to cough.
9. I'm going to take you to the doctor's later. She'll prescribe any medicine you might need to take.
10. I suggest you go and have a warm shower and then rest for a bit afterwards.
11. You'll be over the worst in a couple of days.

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

In Context: Newspaper Advert

Read the newspaper advert below to discover this week's vocabulary and sentences in context. Remember to highlight words, underline expressions, look up definitions, etc. in order to get the most out of this text.

MIRACLE CURE! *SNEEZE AWAY POWDER* BETTER THAN COUGH DROPS!

Sneeze Away Powder is Dr Smith's antidote for the common cold. It rids the average person of all illness and ailments in 3 days. It enables patients to discontinue the use of all other cold remedies, painlessly and quickly, and without interrupting their day to day business.

This miracle cure strengthens your organs and restores your energy in just 3 days!

An astounding discovery for almost instantaneous relief. You'll be on the mend in no time with Sneeze Away Powder.

Available now in all local pharmacies.

WANT TO STOP COUGHING? USE SNEEZE AWAY POWDER.

STOP THAT AWFUL SNEEZING! USE SNEEZE AWAY POWDER.

DESPERATE TO BANISH THAT VEXING ITCH AT THE BACK OF YOUR NOSE? USE SNEEZE AWAY POWDER.

END THAT SNIFFING AND RUNNY NOSE! USE SNEEZE AWAY POWDER.

BID GOOD DAY TO HEADACHES! USE SNEEZE AWAY POWDER.

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Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

In Context: A letter from school...

Ever received a letter from your kid's school before? You have today! This letter will help you understand some of the essential vocabulary and sentences provided this week in context. Make sure to take note of anything important - highlight words, underline expressions, look up definitions, etc...

Ms. W. Board
222 Wise Rise
Schooltown ST12 5QZ

Ms. O. Malady
48 English Road
Schooltown ST10 7GB

28 October 2024

Dear Ms. Malady,

I am writing to you, and all the parents of 4B, to inform you that of late, a large number of children have come to school while ill. Among other things, they have been displaying the following symptoms:

- Coughs
- Sneezes
- Runny Noses
- Sticky eyes
- Headaches
- Sore Throats

While we understand these symptoms appear to indicate nothing more than a common cold, we cannot allow children to come to school in these conditions given that a) they clearly do not feel up to it, b) we run the risk of spreading illnesses among the rest of the class (as well as the teaching staff).

Furthermore, on occasion, these children have also been running temperatures. And as you know, we are not authorised to administer any medication, not even paracetamol, to bring the fever down and make the children feel more comfortable.

So please, to avoid spreading colds and for everybody's wellbeing, do not bring your child to school if they are coming down with something or until they have fully recovered from any illness.

Kind regards,
Ms. Board
4B Form Teacher

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Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

Exercise 1: Quotes

Read these 5 quotes about being ill. Now adapt them and turn them into sentences you could use with your child when they have a cold or a temperature.

For example:

“Even if you have a terminal disease, you don't have to sit down and mope. Enjoy life and challenge the illness that you have.” *Nelson Mandela*

➤ “Sweetie, I know you have a cold and you feel under the weather. But please don't just sit there and mope. Let's play a quiet game and enjoy ourselves.”

1. No parent would fail to call the doctor if their child developed a fever. - *Kate Middleton*



2. Health is not valued till sickness comes. - *Thomas Fuller*



3. Health is relative. There is no such thing as an absolute state of health or sickness. Everyone's physical, mental, and emotional condition is a combination of both. - *Theodore Isaac Rubin*



4. Sleep is that golden chain that ties health and our bodies together. - *Thomas Dekker*



5. You're in pretty good shape for the shape you are in. - *Dr Seuss*




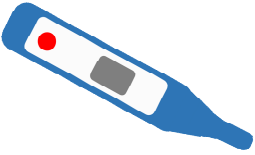



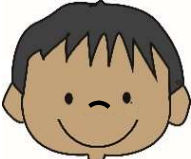
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Playgrounds & Illnesses / Injuries

Week 5 - Temperature & Colds

Exercise 2: Sentences

1. It's time for you to start preparing the conversations you'll have regarding illness and injuries, 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
 Catch a cold Get ill / sick	
 Take your temperature	
 Go to the doctor	
 Rest	
 Take some medicine	
 Get better / recover	