
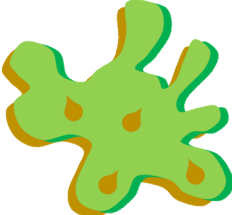
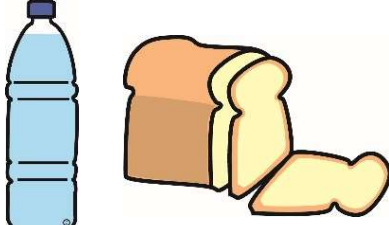


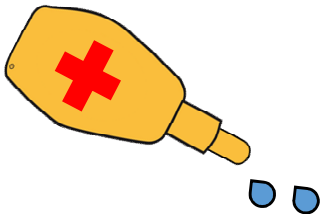


Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 6 - Tummy Bugs & Ear Infections

Sample Routine

	Catch a bug
	Be sick / vomit
	Drink fluids and eat light meals
	Get an ear infection
	Have earache
	Use ear drops

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Essential Vocabulary

Word	Type	Definition	Example
Stomach / Tummy	Noun	The organ inside your body where you digest food.	Can you point to your tummy honey?
Stomach ache / Tummy ache	Noun	To suffer pain in your stomach.	Oh baby, do you have a tummy ache?
Stomach bug / Tummy bug	Noun	An illness that affects the stomach and is caused by bacteria or a virus.	There's a tummy bug going round! Everyone's ill!
To poo / poop / do a number two	Verb	The action of eliminating solid waste from the body.	Do you need to do a number two sweetie?
To be constipated	Phrasal verb	To have difficulty pooing.	When did you poo last? I think you're constipated...
To have diarrhoea	Phrasal verb	To do very liquid poos.	You have diarrhoea. Does your tummy hurt?
Gas / Wind / Trapped wind	Noun	Air that you swallow as you eat or drink and that causes an uncomfortable feeling.	Wow! You're farting a lot! You have such bad wind today!
Fart / Toot	Noun	The action of expelling air through your bottom.	It smells awful! Did you fart?!
To be sick / to vomit / puke* / throw up*	Verb / phrasal verb	To expel food and drink from your stomach, back out through your mouth. * These options are very informal.	You've vomited three times today. I think I should take you to the doctor.
To retch / gag / dry heave	Verb / phrasal verb	When your body acts as though you're about to vomit, but nothing comes out.	The smell of sick makes me retch!
Bucket	Noun	A tallish, round container with a handle attached to both sides.	There's a bucket next to your bed in case you feel like you're going to be sick.
Plain food	Noun	Food that lacks strong flavours.	The doctor said you should eat plain foods, like toast.
Light meals	Noun	A small amount of food, or meals that are easily digested.	You have to eat light meals for the next couple of days.
To sip	Verb	To drink small quantities of liquid at a time.	Try to sip your water sweetie. Don't take big gulps.

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Essential Vocabulary

Word	Type	Definition	Example
Earache	Noun	Pain you feel inside your ear.	Oh darling, what's wrong? Do you have earache again?
Ear infection	Noun	An illness caused by germs or bacteria, that causes pain inside the ear.	The doctor said you have an ear infection.
Discharge	Noun	A liquid or substance that is excreted from inside somewhere.	There's some discharge in your ear. I think you might have an ear infection.
Blockage	Noun	An object that obstructs a channel, pipe or tube.	The doctor said there seems to be a blockage in your ear.
Pressure	Noun	A force produced or applied to a specific location or object.	Does it feel like there's pressure in your ear?
To rub (your ear)	Verb	To move your hand or fingers backwards and forwards over your ear.	Darling, you've been rubbing your ear all day. Does it hurt?
To pull (your ear)	Verb	To hold your ear and use force to move it downwards or backwards.	Why are you pulling your ear honey? Is it painful?
To lose balance	Verb	To be unsteady and unable to maintain a standing position.	Hmmm... you keep losing your balance... I wonder if you have an ear infection.
Ear drops / cream / spray	Noun	Medication in (semi) liquid form, applied directly inside the ear.	The doctor prescribed some ear drops for your earache.

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Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Idioms

Idiom	Definition	Example
To puke your guts out	To vomit heavily and repeatedly. This is very informal!	Oh deary me! Let's see if today you can eat some toast and not puke your guts out!
To have the runs	Slang for to have diarrhoea. This is very informal!	You poor thing! You've had the runs for 3 days now!
To spread like wildfire	To spread with great speed.	This tummy bug has spread like wildfire! Half the kids in your sister's class came down with it last week.
To take a turn for the worse	If a situation or illness takes a turn for the worse, it suddenly and unexpectedly worsens.	It looked like you were on the mend, but you've taken a turn for the worse today.

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Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

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.

TUMMY BUGS

ELEMENTARY

1. Do you have a stomach ache? Maybe you have a tummy bug.
2. Sweetie, do you have to poo again? That's three times this morning.
3. Oh, you have diarrhoea. Your poo is quite loose.
4. Do you feel like you're going to vomit?
5. I'm going to get a bucket in case you're sick.
6. If you have gas, you can fart.
7. Are you hungry? I'll make you some plain food. How about some toast?
8. If you don't feel like eating, that's OK! Just drink some water. Take little sips.

INTERMEDIATE

1. Does your tummy hurt? I wonder whether you've caught a tummy bug?
2. Sweetie, do you have to do a number 2 again? You've pooped three times now this morning.
3. Oh, poor you! You have diarrhoea. You've done a very loose poo.
4. You don't look great! Do you feel like you're going to be sick?
5. I'm going to get a bucket in case you need to puke and you can't get to the toilet.
6. If you have wind, let it all out! Fart all you need to!
7. Would you like something to eat? I'll make you something light and dry. How about a couple of pieces of toast?
8. If you don't have an appetite, that's OK! Just drink a bit of water. Make sure to take little sips.

ADVANCED

1. Do you have a tummy ache? I think you may have come down with a tummy bug.
2. Sweetie, do you have to go to the loo again? You've done three number twos already this morning.
3. Oh, my baby! Looks like you've got the runs. Your poo is very liquid.
4. You're as pale as a ghost! Do you feel like you're going to throw up?
5. I'm going to get a bucket. You can be sick in it if you feel like you can't make it to the toilet.
6. Do you feel all gassy? You've got trapped wind. Don't worry, let it all out, and fart as much as you need to!
7. Do you fancy a bite to eat? Something light should agree with you. Something like a couple of pieces of toast?
8. If you don't have an appetite, that's absolutely fine! But you need to take little sips of water to stay hydrated.

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

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.

EAR INFECTIONS

ELEMENTARY

1. Honey, you keep touching your ear. Does it hurt?
2. What's wrong sweetheart? Is your ear painful?
3. I can see some liquid on the outside of your ear.
4. Don't put your finger in your ear please.
5. I'm going to take you to the doctor to get some ear drops.
6. The doctor says you need to use the ear spray two times a day.
7. Your infection will be better really soon.

INTERMEDIATE

1. Honey, you keep pulling on your ear. Does it hurt a bit?
2. What's the matter sweetheart? Do you have an earache?
3. I can see some yellow discharge on the outside of your ear.
4. Don't put your finger in your ear please. You'll make it worse.
5. Alright, let's get an appointment with the doctor for some ear drops.
6. The doctor says you need to use the ear spray twice a day, in the morning and at night.
7. Your infection will clear up really soon.

ADVANCED

1. Honey, you keep pulling and rubbing your ear. Is it painful?
2. What's the matter sweetheart? Does your ear feel funny? Does it hurt?
3. I can see some yellowish discharge on the outside of your ear. I guess you have an infection.
4. Don't stick your finger in your ear please, it'll only make it worse.
5. Righty-ho, I've booked an appointment with the doctor to get you some ear drops.
6. The doctor has prescribed some ear drops for you. I need to put them in your ear twice a day, when you wake up, and before you go to bed.
7. Any discomfort will go away soon and your ear infection will disappear completely in no time.

Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

In Context: Newspaper Article

This week you'll find some of the essential vocabulary and idioms in context in this newspaper article. Remember to read it thoroughly, highlight words, underline expressions, look up definitions, etc...

THE BILINGUAL NEWS

3 top tips for dealing with tummy bugs

After studying 750 families, experts have put together this article to help parents deal with tummy bugs. Read on to discover their top tips.

1. WASH YOUR HANDS FREQUENTLY

Tummy bugs are very contagious and diarrhoea and vomiting can spread like wildfire. So to avoid everyone in your household getting ill, be sure to wash your hands frequently, especially after each trip to the toilet. It's also advisable to clean toilets, sinks and common areas or utensils more often when someone at home has a stomach bug.

2. REST

Other than taking paracetamol for pain relief, one of the best things you can do to wave goodbye to a tummy ache is to rest. Lie down in your room, away from others (to avoid spreading the illness) and be sure to have a sick bucket to hand just in case (though preferably you should use the toilet when you need to poo or vomit).

3. EAT LIGHT MEALS AND DRINK LIQUIDS

When you feel poorly and as sick as a dog, as you often do with tummy bugs, the last thing you fancy is eating. It's important not to force yourself, but you should eat when you feel able to. You should avoid spicy, fatty foods, fizzy drinks, juice and alcohol. Toast, crackers, plain pasta and rice, as well as other dry foods, are what you should be eating when you've got the runs (or the pukes!).

And make sure to keep sipping those fluids! Avoid swallowing big gulps - that'll probably make you feel worse and give you wind. But it's very important to avoid dehydration, so drink lots of water as often as possible.

THE BEST RECIPE FOR TUMMY BUGS

We all have family recipes and remedies that go way back, some of which are more reliable and scientifically proven than others. It's not a great idea to start trying new things when you're ill, so just keep it simple, plain and light. Why not follow this tried and tested recipe, shared in Dr. B Belly's new book:

TUMMY TROUBLES PASTA

- 100g pasta
- 1 litre boiling water
- Pinch of salt

Heat 1 litre of water in a large pot. When it boils, add the salt and pasta and cook until soft to the touch. Check the packet as each type of pasta varies, but cooking time is usually between 8 and 12 minutes. Strain the pasta in a colander. Eat slowly while warm.

SUMMARY

In short, if you've got a tummy bug make sure to wash your hands frequently, rest as much as possible, eat light, plain meals and drink plenty of water.

* The content of this text is fictional and for educational purposes only!
☺

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Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Exercise 1: Word Search

Find the 10 words in the table that have been hidden in this word search. They are written horizontally, vertically and diagonally. You'll find the answers on the next page.

V	C	O	N	S	T	I	P	A	T	I	O	N
R	R	T	M	N	M	C	O	E	A	R	U	F
T	I	R	U	B	I	H	O	F	O	V	O	V
C	F	O	N	I	D	A	F	P	E	C	P	D
A	D	I	A	R	R	H	O	E	A	H	F	I
T	I	N	R	G	S	T	I	C	R	O	N	S
R	P	V	G	S	M	A	O	H	A	R	U	C
C	E	S	O	V	E	A	T	I	C	E	A	H
H	D	T	A	M	C	D	O	V	H	O	N	A
I	R	U	C	S	I	A	R	P	E	R	U	R
E	A	D	A	H	D	T	I	O	E	A	O	G
P	R	U	O	N	V	R	R	I	P	R	U	E
I	N	F	E	C	T	I	O	N	D	S	F	V

POO	EARACHE
CONSTIPATION	RUB
DIARRHOEA	DROPS
RETCH	DISCHARGE
VOMIT	INFECTION

Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Exercise 1: Word Search - Answers

	C	O	N	S	T	I	P	A	T	I	O	N
							O					
		R	U	B			O					
									E			D
	D	I	A	R	R	H	O	E	A			I
									R			S
R		V							A			C
	E		O						C			H
		T		M		D			H			A
			C		I		R		E			R
				H		T		O				G
									P			E
I	N	F	E	C	T	I	O	N		S		

POO	EARACHE
CONSTIPATION	RUB
DIARRHOEA	DROPS
RETCH	DISCHARGE
VOMIT	INFECTION

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Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Exercise 2: Logic Puzzle

Read the clues below to solve this logic puzzle. You need to discover who has what and does what (in terms of illnesses). You'll find the answers on the next page.

	Diarrhoea	Vomiting	Ear Infection	Ear Discharge	Takes medicine	Drinks liquids	Uses drops	Goes to the doctor
Sarah								
Barbara								
Kate								
Rita								
Takes medicine								
Drinks liquids								
Uses drops								
Goes to the doctor								

Sarah, Barbara, Kate and Rita are friends from nursery. In the past week, they've all caught some sort of bug or virus and are feeling a bit sorry for themselves, though they're trying everything to recover.

The girls' mums and dads are a little bit worried that so many illnesses are spreading like wildfire through the nursery. So they've decided to seek expert advice and are keeping their kids off school until they're fully back on their feet.

Can you figure out who has what and who has done what to feel right as rain again?!

1. Sarah hasn't been vomiting but she does have to swallow a sticky orange liquid every 6 hours.
2. Barbara hates having diarrhoea and thankfully has not had the runs yet this year. She also hasn't been puking or had a full blown ear infection this term either. Seeing as her tummy is OK, she hasn't been drinking much liquid lately and she's not been prescribed any drops.
3. The child who has an ear infection has been using drops for 2 days now.
4. Kate has a similar illness to Sarah, but hasn't had to sit on the toilet more than usual.

Sarah has _____ and to get better she _____.

Barbara has _____ and to get better she _____.

Kate has been _____ and to get better she _____.

Rita has _____ and to get better she _____.

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Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Exercise 2: Logic Puzzle - Answers

Read the clues below to solve this logic puzzle. You need to discover who has what and does what (in terms of illnesses).

	Diarrhoea	Vomiting	Ear Infection	Ear Discharge	Takes medicine	Drinks liquids	Uses Drops	Goes to the doctor
Sarah	O	X	X	X	O	X	X	X
Barbara	X	X	X	O	X	X	X	O
Kate	X	O	X	X	X	O	X	X
Rita	X	X	O	X	X	X	O	X
Takes medicine	O	X	X	X				
Drinks liquids	X	O	X	X				
Uses drops	X	X	O	X				
Goes to the doctor	X	X	X	O				

Sarah has **DIARRHOEA** and **TAKES MEDICINE**.

Barbara has **EAR DISCHARGE** and **GOES TO THE DOCTOR**.

Kate has been **VOMITING** and **DRINKS LIQUIDS**.

Rita has an **EAR INFECTION** and **USES DROPS**.



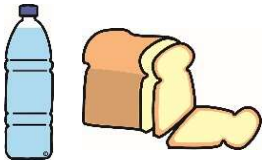



Maximiza tu Inglés Diario

Playgrounds & Illnesses / Injuries

Week 6 – Tummy Bugs & Ear Infections

Exercise 3: Sentences

1. It's time for you to start preparing the conversations you'll have regarding illnesses 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 bug
	Be sick / vomit
	Drink fluids and eat light meals
	Get an ear infection
	Have earache
	Use ear drops