



**TITLE**  
**I AM SICK**



**AUDIO RESOURCE**  
<https://bit.ly/3AUg24f>



**TOPIC**  
Positive attitudes towards health

**SCHOOL CONTEXT**  
Bilingualism, promotion of healthy habits

**RECOMMENDED AGE**  
From 3 to 6 years old

**SUMMARY**  
Polly is a girl whose dolly is sick. She calls the doctor to look after her.

**THEORETICAL BASIS:** Illness is a frequent reality in the life of a child in the ages this activity is aimed at. Through group reflection, the educator must ensure that the students understand illness is a natural process even when it is unpleasant. Educators must also make it clear that certain ailments and diseases are preventable by taking due precautions.

**PURPOSE:** In the first stage, the students will ascribe certain words to the concepts of "health" and "illness." The educator then formulates questions and assumptions so that the children understand illness as a natural, but transitory event, as well as the possibilities of doing things to cope with that unpleasant period. Finally, there will be a dialogue about action to take to avoid getting ill.

## LESSON PLAN

### Stage 1

The teacher develops the following activity: She will draw two columns on the board, one headed with the word "HEALTH" and the second with the word "ILLNESS."

The teacher explains to the students that he/she will proceed by saying some words and the children have to decide in which column they should write them (with children who have not yet mastered reading or writing, the teacher should put the words directly in the corresponding column expressly indicating what he/she is writing in each column and

its meaning). Examples:

Bed	Outdoor games	Fever
Diet (precise explanation)	Thermometer	Sports
Swimming Pool	cough	Medicines
Rest (precise explanation)	Park	

A variant with pupils from the first two levels of Early Childhood Education is for them to draw the concept of "health" in a green or blue drawing (for example, a tree) and the concept of "illness" in a red drawing (for example, a thermometer). They may draw them in their own way. Following the decision of the whole class, drawings will be placed in the corresponding columns.

### Stage 2

Listen to the song "Miss Polly has a dolly." The following case-questions will be asked:

- *What happened to the dolly?*
- *Have you ever been sick? Where did it hurt?*
- *What can we do when we are sick?*
- *How can we take care of each other when someone is sick? (call them, send them a message, give them nice food, a surprise present when they are back to school..)*
- *What can you do at home when you are sick? (read a book, watch some tv, paint...)*

### Stage 3

The teacher will ask the following open question (suitable for 5 or 6 year olds):

- *What can we do to avoid getting sick?*

Aim to elicit a wide range of responses. Clues can be offered: wrap up warmly on cold days; bundle up after sweating; not eating too much at mealtimes; eat lunch and dinner slowly, eat a lot of fruit and vegetables, etc.

**Activity designed by:** María Orol Martín-Aragón, Highlands School Los Fresnos (Madrid).