

# 2 Get well soon!

## Lesson 1 Vocabulary 1

- ✓ Say three sentences about the picture.



- 1 2.1 Listen, point and say.  
2 2.2 Listen, move and sing.

## Achoo!

I'm not very well.  
I'm not OK.  
I'm very tired.  
Can I stay at home today?

Earache, a sore throat,  
A temperature too.  
A headache, a stomach ache,  
Maybe it's flu?  
A cough, a cold,  
A dizzy head too.  
Achoo! Achoo! Achoo!

You're not very well.  
You're not OK.  
Stay in bed.  
No school for you today!

- 3 **Team Time** Close your book. Draw and guess eight health problems.

1  Listen and repeat. Why are the children learning first aid? Act out.

**Emma:** Hello, Mia. I'm at the health centre.  
I'm going to see the doctor.

**Mia:** Oh dear! What's the matter?

**Emma:** I've got a headache and I feel sick.

**Mia:** Oh, I'm sorry. We're at the health centre too! We're learning first aid so that we can help at the fun run on Saturday.

**Emma:** What's first aid?

**Mia:** We're learning to help when somebody falls over and **has got a cut** or a broken arm.

**Liam:** Hey, Emma. Tell Mia to stop moving her finger!

**Mia:** Sorry, Liam! Bye, Emma. Get well soon.



**Find** Do we say *I've got* or *I feel* with sick?

2  Look, listen and follow. Then make your own answers.

**have got and feel**

What's the matter?		
I/You/We/They	've got	a headache. a cut.
She/He	's got	earache. flu.
I/You/We/They	feel	sick.
She/He	feels	dizzy.

**Look**

's got = **has** got

've got = **have** got

3   **Team Time** Play *What's the matter with ...?*

Go to Activity Book, pp.128 and 131

What's the matter with Harry?



He's got flu.



Say and spell

1 Listen and repeat.

first turns  
dirty Thursday

2 Find the words in the story.

Before you read

- 1 Look at the story title. What do you think the story is about?
- 2 Listen and read. Who looks after Lucky?

# Where's Lucky?

1 Mia, Adam and Liam were at the fun run. Emma was at home in bed.



2 The children watched the runners.



3 The children remembered their first aid training.



4 Mr Timms needed to go to hospital, but he was worried about Lucky.



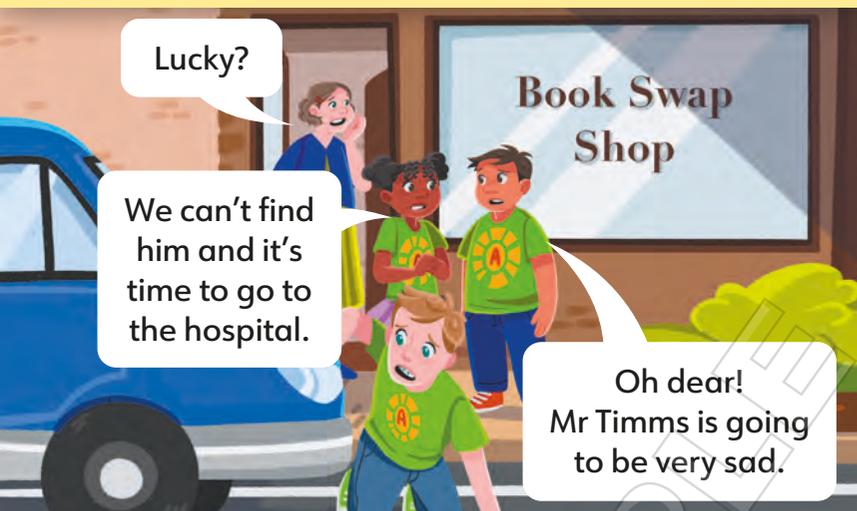
5 The children fed Lucky after school every day.



6 But on Thursday, there was a problem.



7 Everybody helped to look for Lucky, but they didn't find him.



8 The children went to tell Mr Timms about Lucky.



### Lesson 4 Explore the story

#### After you read

1   Watch the video. Act out the story.

2  Say the sentences in order to tell the story.

b Mr Timms fell over and ...

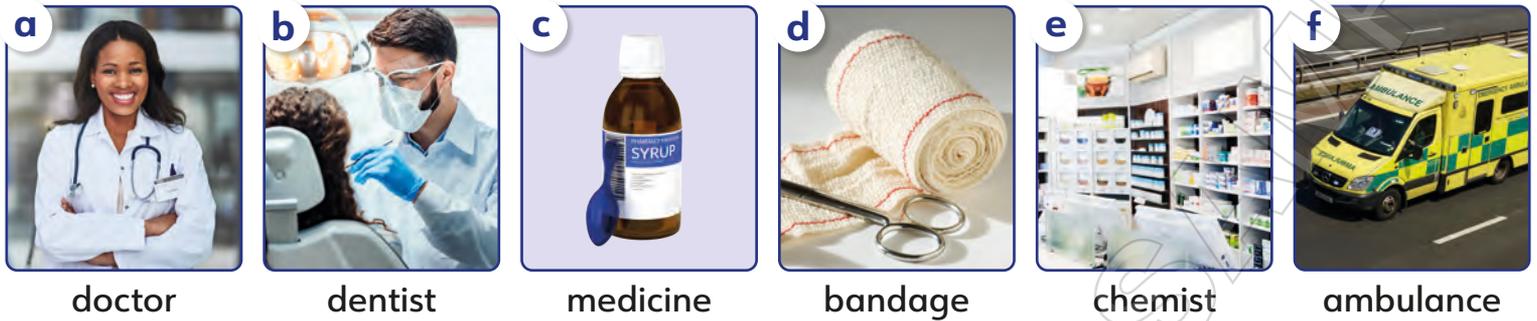
- a The children looked after Lucky.
- b Mr Timms fell over and went to hospital.
- c Lucky was outside the hospital with Mr Timms's hat.
- d Lucky ran away and the children couldn't find him.

3 Ask and answer.

- 1 How can you help when somebody has a problem?
- 2 How do you feel when you help somebody?
- 3 How do you feel when you have a problem?
- 4 Who do you ask for help?



1 2.7 Listen and say. 2.8 Then listen and put in order.



2 2.9 Watch and listen. Move and sing.

## What's the matter?

**SING**



What's the matter? What's the matter?  
What's the matter with ...?

... *you?* I've got a sore throat  
And a temperature too.  
You shouldn't talk. You shouldn't sing.  
Go to the chemist to get medicine.

... *Mum?* She's got a broken arm  
And a cut on her thumb.  
She should lie down. She shouldn't dance.  
She needs a bandage and an ambulance.

... *Dad?* Oh, he's got toothache.  
He feels really bad!  
Find a doctor! No, that's the wrong plan!  
He should go to a dentist as soon as he can.

3 2.10 Look, listen and follow. Then make your own sentences.

### should and shouldn't

I	should	go to a dentist.
You		take medicine.
She/He	shouldn't	call an ambulance.
We		get a bandage.
They		

### Look

shouldn't = should **not**

4 **Talk Partners** Look and say *should* or *shouldn't*.

You shouldn't eat chocolate



5 **Talk Partners** Talk to your friends. Give advice. What should you do when ...

... you go to the beach on a hot day?

... you have toothache?

... someone has an accident?

... you have a cut on your knee?

... you play in the snow on a cold day?



When you go to the beach on a hot day, you should wear sun cream.

Yes, and you shouldn't sit in the sun for too long.





Before you read

1 Look at the pictures and think. What is the leaflet about?

# FIRST AID FOR KIDS

DO YOU WANT TO SAVE LIVES?

WE CAN HELP YOU TO HELP OTHERS. FOLLOW THESE IMPORTANT STEPS.



## STOP ACCIDENTS!

Most accidents happen in places where you spend a lot of time, like your home or your school. Watch out for things that are dangerous. Look out for signs and stickers to help you see these.



**ACT FAST!** When somebody has an accident or is ill, YOU can help!

## 1 A CUT

Don't touch the cut.

You should clean the cut carefully with **antiseptic**.

Then put on a plaster or a bandage.



## 3 AN ACCIDENT

-  Call for help or phone for an ambulance quickly.
-  You should stay calm and talk to the person.
-  Don't move the person.
-  You should put a **pillow** under their head to make them comfortable.

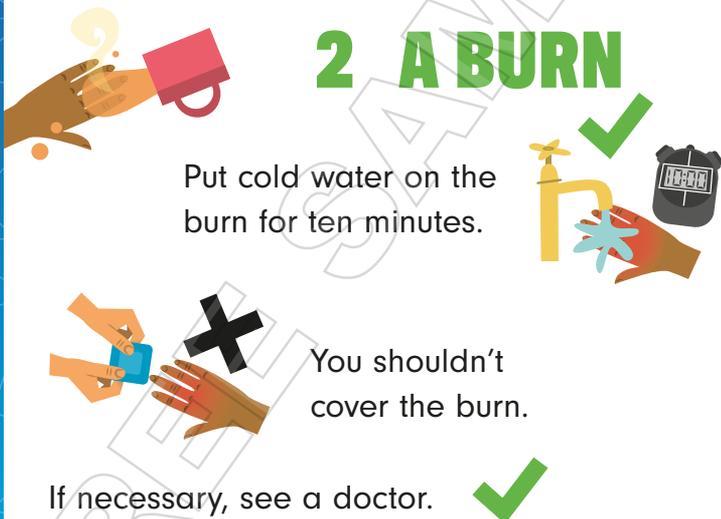


## 2 A BURN

Put cold water on the burn for ten minutes.

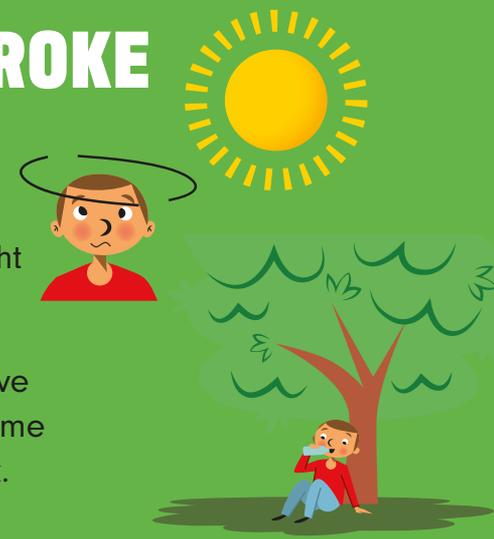
You shouldn't cover the burn.

If necessary, see a doctor.



## 4 SUN STROKE

-  Move the person out of the sun straight away.
-  You should give the person some water to drink.



How can learning First Aid help your community?



## 5 AN INSECT STING



Wash the area where the sting is with soap and water.



You should put ice or a cold cloth on the sting.



Don't **scratch** the sting.

Want to find out more? Come to one of our workshops. Visit our website and watch the video for more information.



### After you read

2 <sup>2.11</sup> Read and listen. Complete the sentences.

1 Clean a ... carefully.

Clean a cut carefully.

2 Put cold water on a ...

3 After an ..., stay calm.

4 Drink ... when you feel dizzy in the sun.

5 Wash an ... with soap and water.

### Use pictures to help understand new words

When we don't understand words in a text, we can look at the pictures to help us.



You should put cold water on the burn for ten minutes.

3 Find these words in the leaflet. Use the pictures to choose a definition.

antiseptic

scratch

pillow

1 a liquid for cleaning a cut

2 a thing we put our head on when we sleep or rest

3 an action you do with your fingers

4 Watch the video and answer.

1 What did Max do on Saturday?

2 What did Max learn?

3 Name the three dangers Max finds in his home.

4 Think about your home. What dangers could you find in the First Aid Safety Challenge?



How can you prevent accidents in your school?



1 Look at the pictures. What do you think the children are saying? Listen and check.

2 Listen and answer.

- 1 Why has the boy got a bad leg?
  - a because he's got an insect sting
  - b because he fell over
- 2 What does the boy want to do?
  - a play basketball
  - b play football
- 3 What does the girl need to do?
  - a drink a lot of water
  - b take some medicine
- 4 What shouldn't the girl do?
  - a go to school
  - b sleep



3 Watch or listen and say. Then practise in pairs.

- A: Hello. Come in and sit down.  
What's the matter with you today?
- B: I've got a stomach ache.
- A: Where does it hurt?
- B: Here.
- A: Do you feel sick?
- B: No, not really.
- A: Get plenty of rest. You should drink a lot of water, and don't eat too much.
- B: OK. Thank you very much.



**Going to the doctor**

Come in and sit down.      What's the matter with you today?  
Where does it hurt?      Get plenty of rest.

4 **Talk Partners** Make new dialogues.

Go to Activity Book, p.139



Hello. Come in and sit down.

Thank you.

What's the matter with you today?



- 1  2.14 Look at the leaflet. Who is it for?

## HOW TO STOP ACCIDENTS AT SCHOOL

We want to have a happy and healthy school. Here's how you can stop accidents and stay healthy in the classroom, in the corridor and in the playground.

- You should be careful with scissors. Don't cut your finger!



- You shouldn't climb on tables or chairs. It's easy to fall off!



- You shouldn't run in the corridor. It's dangerous!

- You should have a rest after lunch. You don't want a stomach ache!



- You should never run down the stairs. You don't want a broken leg!



- You shouldn't play in the hot sun. You don't want a headache!

- 2  Read the leaflet and say which pieces of advice are for which place. 

the classroom

the corridor

the playground

- 3 Read the leaflet again and answer. 

- How many bullet points are there?
- How many sentences are there next to each bullet point?
- Do you think the leaflet is easy to read?

- 4  Plan and make a leaflet.

Go to Activity Book, p.29

### Use bullet points

We use bullet points to:

- make a list
- make information easy to read

What do you know now? 

Think about Unit 2.

Go to Activity Book, p.32