



FEELING SICK

Welcome to "Feeling Sick"

Hey everyone! Today, we're going to talk about something nobody really likes, but everyone experiences sometimes: **feeling sick**.

It's just a part of life, right? Sometimes our bodies don't feel quite right. Maybe you have a **sore throat**, a **cough**, or a **headache**. Or perhaps you feel a bit **tired** and **weak**.

When we don't feel well, it's important to:

- **Listen to our bodies:** Rest when we need to.
- **Talk about how we feel:** Tell a parent, a friend, or a doctor.
- **Know what to do:** Get medicine, drink water, or just stay home and relax.

Learning how to talk about feeling sick is super important. It helps us understand our bodies better and tell others when we need help.

What Can You Do to Feel Better?

Think about these common feelings. What can you do to help yourself feel better? Write your ideas below.

1. **If you have a headache:**

2. **If you have a stomach ache:**

3. **If you have a sore throat or cough:**

Let's Talk About Feeling Sick!

Here are some more questions for you and your classmates to chat about:

1. How do you usually feel when you are sick?
2. What's the most common sickness people get?
3. What do you do when you feel sick?
4. Who do you talk to when you don't feel well?
5. What's your favorite thing to do when you're resting at home?
6. Is it important to wash your hands often? Why?
7. What kind of food or drink do you like when you are sick?
8. Do you prefer to be alone or with family when you don't feel well?
9. How long do you usually feel sick for?
10. What's the best way to stop sickness from spreading to other people?