



FEELING SICK

Our Word Library - Feeling Sick

New Words for Feeling Better!

Let's learn some more words about sickness and health from our story.

Read the word, its meaning, and imagine it!

1. **MUSCLES** (noun): Parts of your body that help you move.
 - Imagine: After running, your **muscles** might feel tired.
2. **TIRED** (adjective): Feeling sleepy or needing rest.
 - Imagine: When you don't sleep enough, you feel very **tired**.
3. **CONVENIENT** (adjective): Easy to do; good for your plan or time.
 - Imagine: A doctor's appointment close to home is very **convenient**.
4. **FETCH** (verb): To go and get something.
 - Imagine: Can you **fetch** me a glass of water, please?
5. **STAY IN BED** (phrase): To rest in bed because you are sick.
 - Imagine: When you have a fever, it's best to **stay in bed**.
6. **TABLETS** (noun): Small, round pieces of medicine you swallow.
 - Imagine: The doctor prescribed some **tablets** for my headache.
7. **STRONGER** (adjective): Having more power or health.
 - Imagine: Eating healthy food makes your body **stronger**.
8. **VITAMIN C** (noun): A healthy nutrient found in fruits like oranges.
 - Imagine: **Vitamin C** helps your body fight sickness.
9. **VIRUS** (noun): A tiny thing that can make you sick, like the flu.
 - Imagine: The doctor said my cold was caused by a **virus**.
10. **UNIVERSITY** (noun): A big school where you study after high school.
 - Imagine: Betty wants to go to **university** to study medicine.
11. **REWARDED** (verb - past tense): To get something good because you worked hard or did something well.
 - Imagine: If you study hard, you will be **rewarded** with good grades.
12. **ENOUGH** (determiner): As much as you need; not too little.
 - Imagine: Make sure you get **enough** sleep every night!

Activity A: Complete the Sentences!

Use the words from "New Words for Feeling Better!" to complete these sentences. Make sure the sentence makes sense!

1. After running, my _____ felt very sore.
2. If you have the flu, it's a good idea to _____ for a few days.
3. The doctor gave me some small _____ to take for my cough.
4. I need to _____ my book from my locker.
5. Eating oranges helps your body get more _____ to fight sickness.
6. Betty wants to go to _____ to become a doctor.
7. After working hard, you will be _____ with good results.
8. Make sure you drink _____ water every day.
9. She felt very _____ because she didn't sleep well.
10. A quick trip to the store is usually very _____.
11. The medicine made my body feel _____ very fast.
12. A cold is often caused by a _____.

Activity B: Word Groups!

Look at the words from "New Words for Feeling Better!" and put them into these groups. Some words might fit in more than one group!

Body Parts & Feelings	Medicine & Sickness	Actions & Other

Teacher's Key

Activity A: Complete the Sentences!

1. After running, my **muscles** felt very sore.
2. If you have the flu, it's a good idea to **stay in bed** for a few days.
3. The doctor gave me some small **tablets** to take for my cough.
4. I need to **fetch** my book from my locker.
5. Eating oranges helps your body get more **Vitamin C** to fight sickness.
6. Betty wants to go to **university** to become a doctor.
7. After working hard, you will be **rewarded** with good results.
8. Make sure you drink **enough** water every day.
9. She felt very **tired** because she didn't sleep well.
10. A quick trip to the store is usually very **convenient**.
11. The medicine made my body feel **stronger** very fast.
12. A cold is often caused by a **virus**.

Activity B: Word Groups!

Some words can fit in more than one group, but this is a common and logical categorization.

Body Parts & Feelings	Medicine & Sickness	Actions & Other
MUSCLES	TABLETS	CONVENIENT
TIRED	VITAMIN C	FETCH
STRONGER	VIRUS	STAY IN BED
		UNIVERSITY
		REWARDED
		ENOUGH