

Science and Health Lesson Inspirations

1. Talk about allergies.

What are allergies?

An allergy is your immune system overreacting to ordinary things. The immune system is your body's way of protecting itself from things like germs and diseases. But sometimes, the immune system gets the wrong signal and thinks that something that is typically harmless as an invader. It then starts to attack these "invaders" causing some people to sneeze, have watery eyes, runny nose, and itchy skin.

2. Do you know anyone who has an allergy? What is that person allergic to?

3. Can you ask that person to describe what s/he feels when s/he has an allergic reaction?

4. Enrich your lesson by reading this article on allergies:

<https://kidshealth.org/en/kids/allergies.html>

Printable Sheet: Science and Health

Name: _____ Level: _____ Section: _____

Encircle the common things that cause allergies.



water



milk



peanuts



spaghetti



dust



seafood



carrots



eggs

English Lesson Inspirations

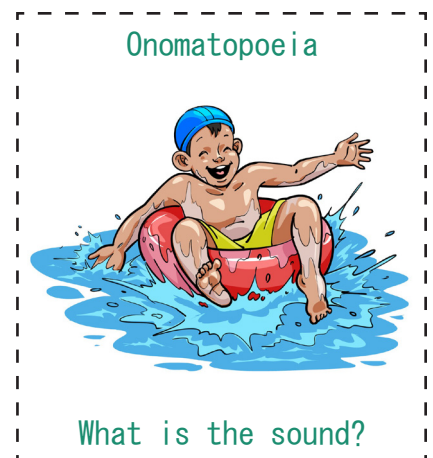
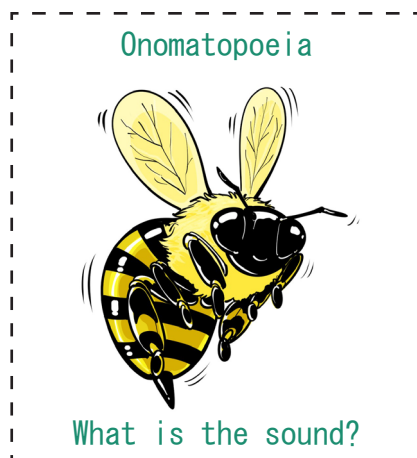
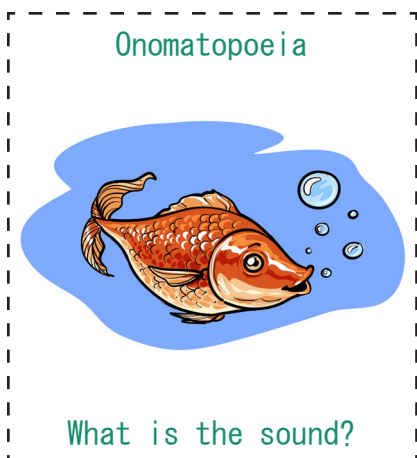
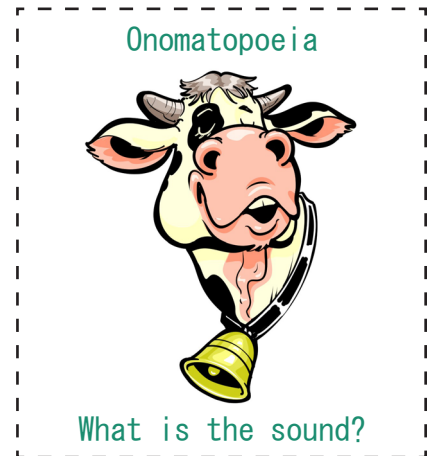
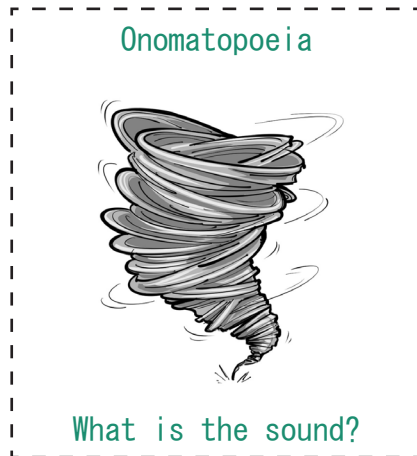
1. Explain what onomatopoeia (pronounced on-uh-mat-uh-pee-uh) means. It is a word that sounds like what it means.

Here are some examples.



2. Have the child give some examples from the book.
3. Print out the flash cards and cut them out.

Printable Flash Cards: English



Art lesson Inspirations

1. Print out the poster on this page. Read what it says to the child.
2. Let the child color the poster.

Identifying Allergic Reactions in Kids



My tongue is hot.



My tongue is itchy.



The food is too spicy.



My tongue feels full and heavy.



My throat feel thick.



My lips feel tight.



Ther's a frog in my throat.



There's something stuck in my throat.



My mouth feel funny.



There are bugs in my ears (itchy ears).



My tongue feel like theres hair on it.



There are bumps on the back of my tongue.