

# Uck! I'm Sick!



## Supplemental Activity Packet

This packet contains classroom activity suggestions and worksheets to reinforce concepts from the Playbook® story and to go beyond the story into the content areas of Language Arts, Math, Science, Social Studies, Art, Health, etc., as well as Character Development.

Activities range in age appropriateness and skill level so that teachers can choose activities that best suit their particular students. An Answer Key is provided on the last page.



Name \_\_\_\_\_

# Story Map

Directions: Here is your chance to explain everything. Make a story map from *Ick! I'm Sick!* You may use pictures, words or quotes to re-tell the events. Refer to the story for help and show as much information as possible.

Main Characters	Setting	Conflict
Event 1	Event 2	Solution

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# Vocabulary

## A. Matching

1. _____ terrible	a. clean to destroy germs and disease
2. _____ thermometer	b. something too small to see, yet can make you very sick
3. _____ cold	c. extremely bad; horrible
4. _____ virus	d. something that helps your body stay healthy
5. _____ airborne	e. an instrument for measuring temperature
6. _____ prevent	f. an opinion or recommendation
7. _____ surrounded	g. a highly contagious viral disease
8. _____ advice	h. carried by or through the air
9. _____ disinfect	i. to stop something from happening
10. _____ vitamins	j. encircle; enclose from all sides

## B. Finding Hidden Words

Sometimes small words can hide inside of big words. Can you find the small hidden words below?

Example: terrible

r i b

1. Thermometer

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2. Prevention

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3. Parents

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



# Word Problems

Directions: Read the word problems below and answer the questions. There may be more than one way to solve the problems, so show your work.

1. There are five cold germs sitting and singing on a door handle. Three of the five cold germs have five friends each. How many cold germs are there altogether?
2. Suzie had cold germs on her hand. On her way to school she touched the handrail. Thirty-two children touched the handrail, but only nine of them got a cold. How many children did not get a cold?
3. A swarm of 60 cold germs flew through a shopping mall. If one cold germ can fly from person to person and land on ten people in less than a minute and make them all sick, how many people will be sick if all 60 germs land on ten people each?
4. Fourteen cold germs were having a party in a bathroom sink. A cleaning crew came in and disinfected the sink, but didn't do a very good job. Only half of the germs were destroyed. After that, one of the cold germs invited two more friends. Later on, three of them were killed with soap. How many cold germs were left at the end of the night?
5. One thousand, three hundred and ninety-six cold germs live in Sam's kitchen. Every night the number of cold germs doubles because he never does dishes or cleans. How many cold germs are in Sam's kitchen after three nights?
6. If washing your hands for as long as it takes to say the alphabet is a good habit, and it takes one second to say each letter in the alphabet, how many seconds should it take to wash your hands?



# A Big Pizza Pie Recipe

Alex's favorite food was pizza. Is that your favorite food too? Here is a great chance to make some yummy pizza when you get home.

## Vegetable Pizza with Potato Crust

Potato Crust (see recipe below)

- 1 medium-sized zucchini, thinly sliced
- 1 medium-sized yellow summer squash, thinly sliced
- 1 medium-sized yellow sweet pepper, chopped
- 1 medium-sized red sweet pepper, chopped
- 1 small red onion, halved and thinly sliced
- 2 to 3 cloves garlic, minced
- 1 jalapeno chili pepper, finely minced
- 2 tablespoons extra-virgin olive oil, divided
- 1 (5.3-ounce) package soft goat cheese (seasoned or unseasoned)
- 16 cherry tomatoes, quartered
- 8 to 10 fresh basil leaves, snipped
- 1 cup shredded mozzarella cheese



In a large bowl, combine zucchini, summer squash, yellow pepper, red pepper, onion, garlic, jalapeno pepper, and 1 tablespoon olive oil.

In a large frying pan or wok, heat the remaining tablespoon of olive oil. Sauté the vegetables mixture until they are crisp tender, stirring often. Remove pan from heat. Spread goat cheese over baked potato crust; top with cooked vegetables and tomatoes. Sprinkle with basil and mozzarella cheese. Bake approximately 5 to 7 minutes or until cheese is melted. Remove from heat and serve immediately.

Makes 4 servings.

## Potato Crust:

- 2 (3 to 4 large potatoes) firmly packed cups grated raw potatoes
- 1 teaspoon salt
- 1 medium onion, chopped
- 1/4 cup flour
- 2 eggs, beaten
- 1 tablespoon extra-virgin olive oil

Preheat oven to 425 degrees. Butter a 15x10-inch baking dish. Place raw potatoes in a colander. Salt potatoes and let set for 10 minutes. Squeeze out the excess water. In a large bowl, combine potatoes, onion, flour, and eggs. Pat potato mixture into prepared baking dish. Bake 15 minutes. Brush with 1 tablespoon olive oil and bake another 10 minutes. Place under broiler; broil 2 to 3 minutes or until golden crisp. Remove from oven and maintain oven temperature.

Visit <http://whatscookingamerica.net/History/Pizza/PizzaRecipes.htm> for some amazing pizza recipes. To print additional copies of this page, visit [www.playbooks.com/supplements](http://www.playbooks.com/supplements)

# Let's Play Doctor

At one time or another, we have all had to go to the Doctor's office. When we go to the Doctor's office, he/she tells us things we can do to help us feel better faster. They can also prescribe medicine to kill the germ that is making us sick. Below are some options for a sick patient. Pretend you are the Doctor and circle the best options for your patient to feel better faster. Make sure you are very nice to your patient.

1. Tell your patient to eat a big steak dinner or chicken broth with crackers.
2. Tell your patient to get plenty of sleep or stay awake all night.
3. Tell your patient to stay at home and rest during the day or go to an amusement park.
4. Tell your patient to drink a lot of soda or to drink plenty of clear fluids like water.
5. Tell your patient to cough without covering their mouth or to cover their mouth when they cough.
6. Tell your patient to go to school or work or stay at home until they are better.
7. Tell your patient to go running to make them sweat or to lay on their couch and stay warm.
8. Tell your patient to take the medicine that you prescribe or to only take it if they want to.







# Ick! I'm Sick!

All of the words listed below are from the story. They all have one thing in common, the letter "I." Do you know the sounds the letter "I" makes? Some of them are short vowel sounds and some of them are long vowel sounds. Next to each word write if the word has a short vowel sound or a long vowel sound.

- |                |                     |
|----------------|---------------------|
| 1. Ick _____   | 9. Jessica _____    |
| 2. I'm _____   | 10. Pick _____      |
| 3. Sick _____  | 11. Virus _____     |
| 4. Fight _____ | 12. Vitamin _____   |
| 5. Nice _____  | 13. Inside _____    |
| 6. Sing _____  | 14. Principal _____ |
| 7. Spike _____ | 15. Janitor _____   |
| 8. Wipe _____  | 16. Advice _____    |



# Instead, Stay Healthy For Teacher Use Only

In the story the Germ Chorus does a chant for spreading germs to all of the children.

Sneeze and cough,  
Blow your snot,  
Don't just say it,  
Go and spray it!

Have the students come up with a chant that would reflect healthy habits. They should focus on habits for staying healthy or habits that can help avoid spreading germs to others. At the end of the exercise, students can get into small groups and compare their chants with the other students or do it together as a class. Then make sure the students understand why healthy habits are so important. Talk about things they can do to avoid getting sick or things that can help a person feel better faster when they do happen to get sick.



# Ick! I'm Sick!

## Answer Key

### For Teacher Use Only

#### Good and Bad Habits

##### Part 1

- |      |       |
|------|-------|
| 1. G | 6. G  |
| 2. G | 7. B  |
| 3. B | 8. G  |
| 4. G | 9. B  |
| 5. B | 10. G |

##### Part 2

Answers will vary

#### Story Map

Answers/ pictures will vary

#### Vocabulary

##### Part 1

- |      |       |
|------|-------|
| 1. C | 6. I  |
| 2. E | 7. J  |
| 3. G | 8. F  |
| 4. B | 9. A  |
| 5. H | 10. D |

##### Part 2

1. the, mom, meter, her, met
2. even, event, on, vent, prevent
3. are, rent, parent, aren't

#### Word Problems

1. 20 cold germs
2. 23 children
3. 600 people
4. 6 cold germs
5. 11,168 cold germs
6. 26 seconds

#### Let's Play Doctor

1. Chicken broth with crackers
2. Get plenty of sleep
3. Stay at home and rest during the day
4. Drink plenty of clear fluids like water
5. To cover their mouth when they cough
6. Stay at home until they are better
7. To lay on their couch and stay warm
8. Take the medicine that you are prescribed

#### Ick! I'm Sick!

- |          |          |                  |
|----------|----------|------------------|
| 1. Short | 6. Long  | 11. Long, short  |
| 2. Long  | 7. Long  | 12. Short, long  |
| 3. Short | 8. Short | 13. Short, short |
| 4. Long  | 9. Short | 14. Short        |
| 5. Long  | 10. Long |                  |

#### Possible Discussion Prompt

In the story the Germ Chorus does a chant for spreading germs to all of the children.

"Sneeze and cough/Blow your snot/Don't just say it/Go and spray it!"

Have the students come up with a chant that would reflect healthy habits. They should focus on habits for staying healthy or habits that can help avoid spreading germs to others. At the end of the exercise, students can get into small groups and compare their chants with the other students or do it together as a class. Then make sure the students understand why healthy habits are so important. Talk about things they can do to avoid getting sick or things that can help a person feel better faster when they do happen to get sick.



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