

Date

Subtheme

Start Time: Choose a start time.

End Time: Choose an end time.

Curriculum Area:

Choose a curriculum area.
Choose a curriculum area.

Materials:

- Feeling Sick story
- **Bottle of soap, tissues, thermometer**

Objective(s):

Students will demonstrate knowledge of common illness, prevention & treatment and develop a plan for illness/prevention health maintenance.

Introduction:

- Students will review the social story "Feeling Sick" and the steps you should take if you don't feel good.

Body:

- Teacher goes through each step of story with students and have them act out what they should do for each step.
 - 1. ask for help.
 - @ home tell parents, @ school tell teacher, @ work tell boss
 - Point to what is wrong/ say what is wrong using voice (head / throat hurts, etc.)
 - 2. Doctors / medicine
 - How do we act at the doctors?
 - 3. Rest / eat healthy
 - 4. Feel better

Closing:

- Have students brainstorm ways to PREVENT illnesses
 - Ex. Wash hands, get 8 hours of sleep, don't eat/drink after friends, take vitamins, dress warm in cold, etc.
- BUT if you do still get sick.....
- Have students sequence steps of what to do when/if you get sick.
 - Tell someone, go to the doctors, rest, feel better

Accommodations:

Assistive technology
Simplified text
Props to go along with story

Multiple Intelligences:

Linguistic

Visual-Spatial

Intrapersonal

Bodily Kinesthetic

Musical

Naturalist

Logical-Mathematical

Interpersonal

Common Core Standards (<http://www.corestandards.org/read-the-standards/>) :

Link lesson appropriately to grade level standards. Click on the link above to view the standards.

LCCE Competencies ([Link to LCCE Competencies](#)):

Link lesson appropriately to LCCE competencies. Click on the link above to view competencies.

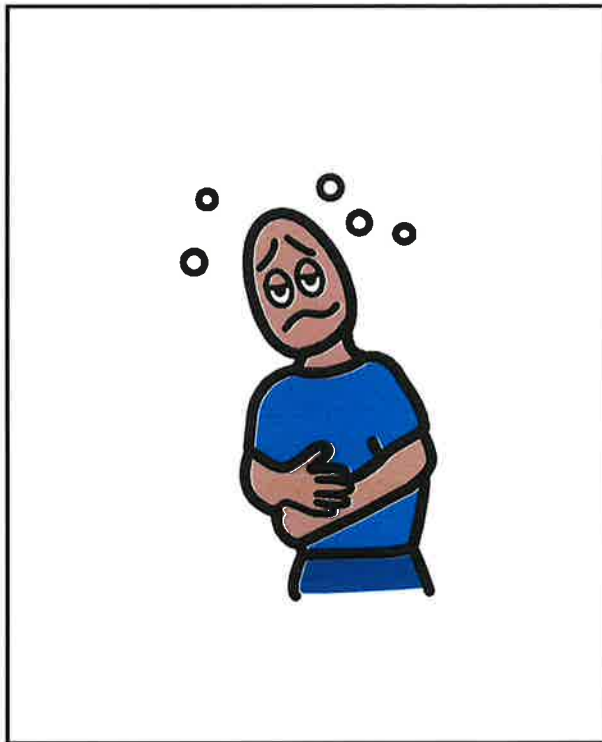
Feeling Sick

A Social Story for Students with Special Needs

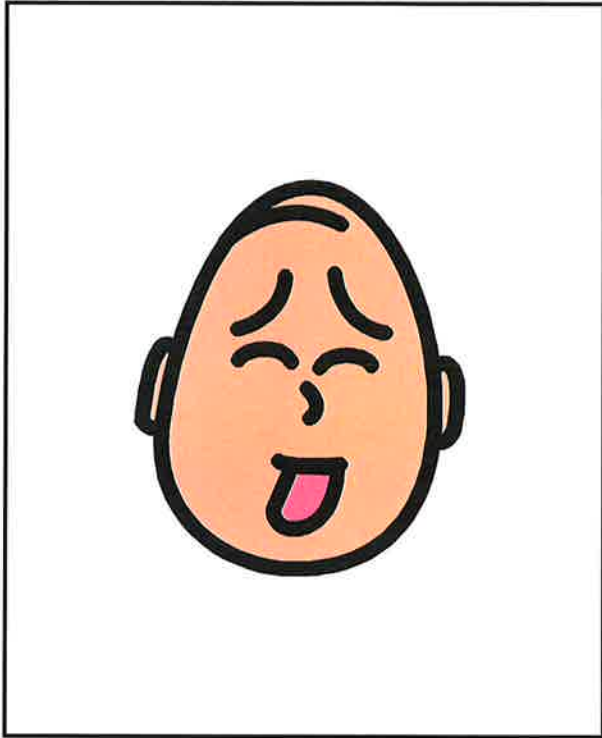
By:
Melissa Toth



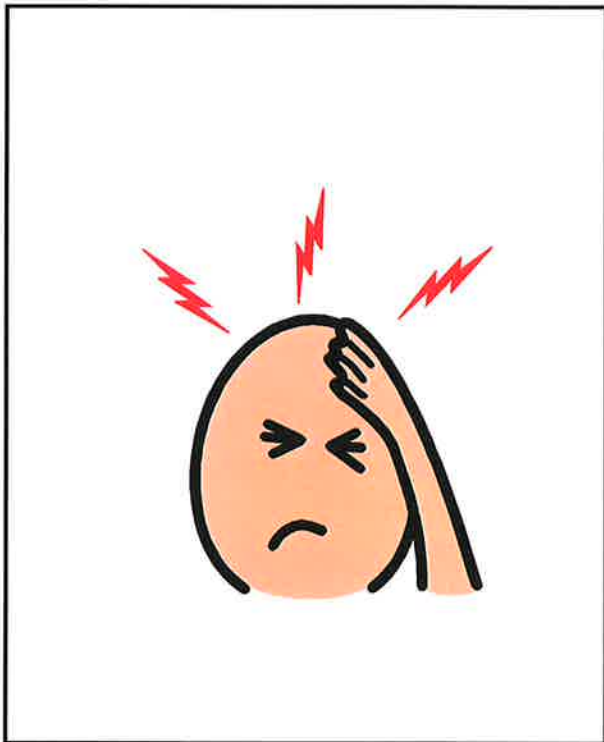
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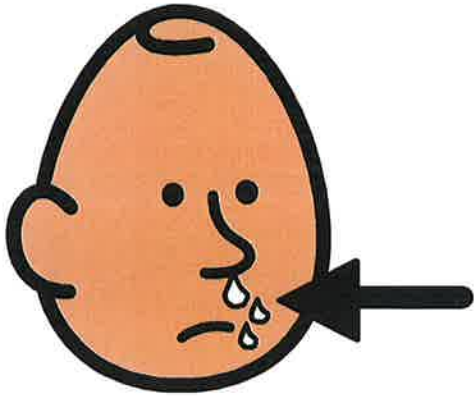
Sometimes
I get sick.



I don't like
when I feel
sick. I feel
yucky.



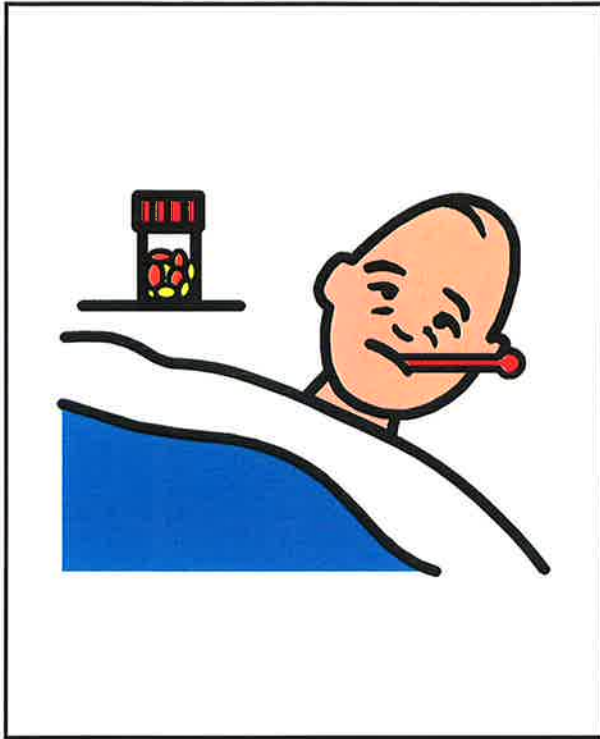
When I have
a headache,
I need to rest.



My nose will run when I have a cold. I need to blow my nose when I have a runny nose.



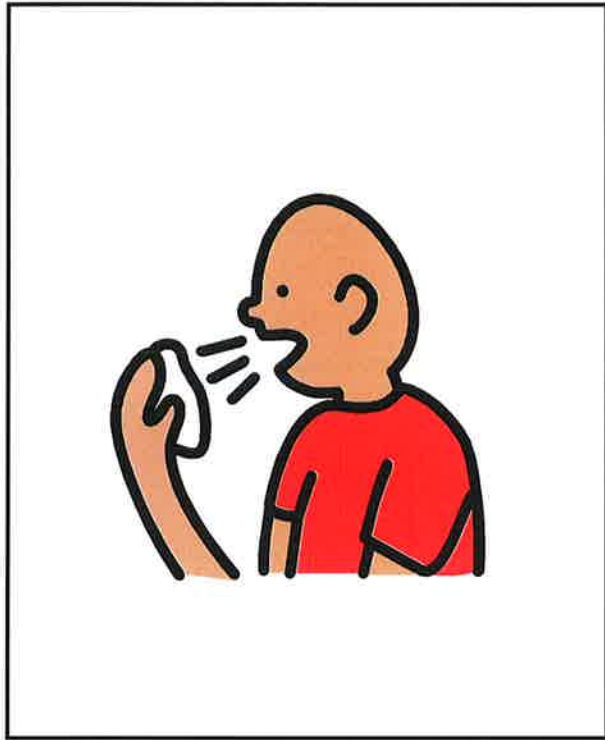
Sometimes my tummy hurts. When I have a stomachache, I need to rest.



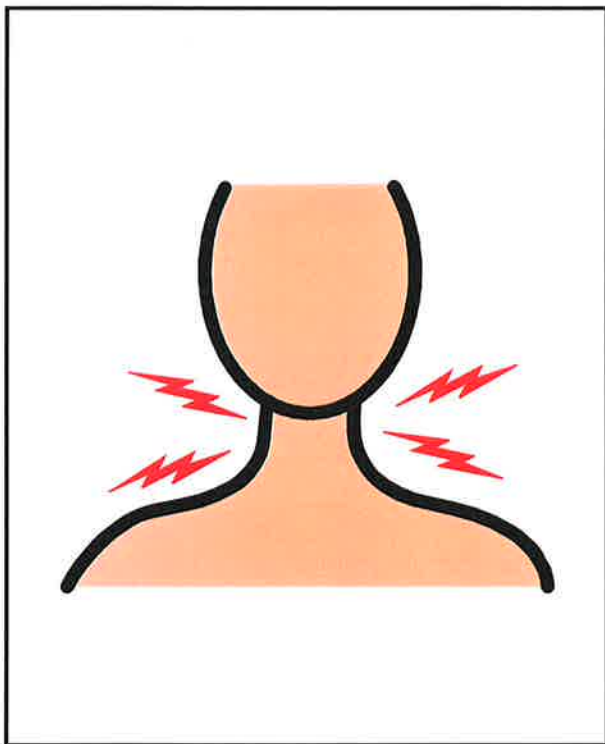
When I am sick,
sometimes I get
really hot. I
have a fever.



Sometimes my
stomach hurts,
and I throw-up.
I throw up in
the toilet.



When I get a cough, it can hurt my chest. I cover my mouth when I need to cough.



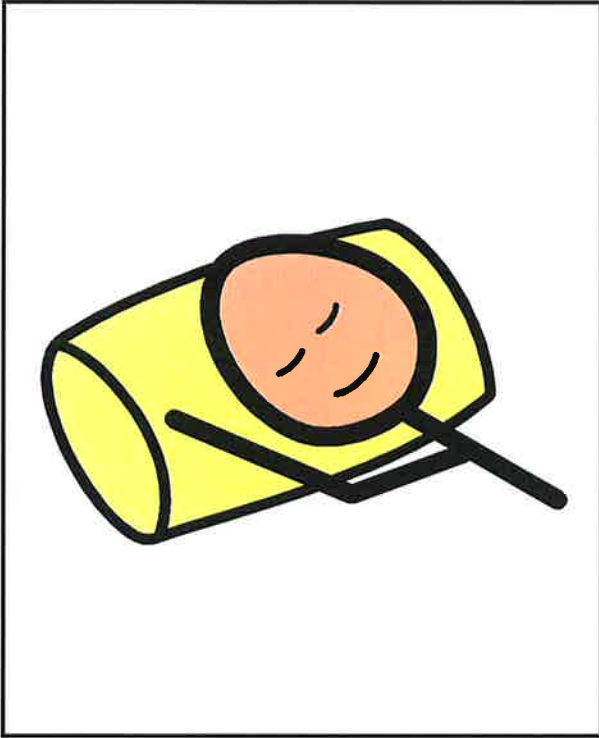
When I get a sore throat, it hurts to swallow.



Sometimes, if I am really sick, I have to go to the doctors.



The doctor will give me medicine. It tastes yucky, but I have to take it to feel better.



When I am
sick, I need to
get lots of rest
and eat
healthy.



I don't like
when I get sick,
but it's okay
because I
will get better.