

Activity Sheet



"Bear Feels Sick"

by Karma Wilson, illustrated by Jane Chapman

It's autumn and Bear doesn't feel well. He snuffles and sneezes, cannot sleep and aches all over. Bear's friends take care of him until he begins to feel better.

Before you read this book: Ask your kids what it's like to feel sick. What makes them feel better? Who takes care of them?

While you read this book: Have your kids bring blankets and pillows to get comfortable. Ask them to point to Bear's friends.

After you read this book: Make get-well cards for Bear (or an absent student or teacher who is sick).

Talk about hand washing to prevent illnesses. Learn a song, like "Twinkle, Twinkle, Little Star," they can sing while washing to make sure they use soap and lather for at least 15 seconds. Then practice washing.

At home ideas: Get your child into the habit of covering his mouth and nose with a tissue or the inside of his elbows when he sneezes or coughs. Play a game with a bell: When someone rings the bell, everyone can practice covering their sneeze or cough.

Make your sink kid friendly. Sing together while washing hands. Can they reach the sink easily? Have fun soaps with lots of bubbles for your child to use.

Read more great books:

"The Sick Day" by Patricia MacLachlan and Jane Dyer.

Emily is sick so her father puts her to bed, comforts her, and spends the rest of the day searching for a thermometer and Emily's favorite stuffed animal Moosie. The next morning, it's dad's turn to be sick and Emily's turn to nurse.

More Bear books by Karma Wilson:

"Bear Snores On," "Bear Stays Up" and "Bear Wants More"

Watch PBS' Arthur "Is There a Doctor in the House?"

Arthur and D.W. are challenged when mom gets a cold and gives it to dad.

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