

## I Can't Talk Right Now

Content Area: Health-Science

Character Trait Development: Responsibility

Grade Level: K-5

Goals: To educate children on the cause, symptoms, treatment and prevention of laryngitis.

To encourage good listening skills.

Objectives:

Students will learn strategies to improve and maintain personal health.

Students will comprehend concepts related to health promotion and disease prevention.

Students will achieve health literacy.

Materials:

Picture Book: Loud Lips Lucy by Tolya Thompson

Drawing paper, pencil, crayons or markers

Procedure:

1. Ask: "Has anyone ever lost their voice?" Discuss.

2. Introduce the book, Loud Lips Lucy.

3. Read the story and tell them you want them to listen carefully so they can answer questions after. "This means to listen when I am reading – eyes and ears on me, please. Listen and please don't interrupt."

4. After reading ask: What do you call it when you lose your voice? (Laryngitis) What do you call the two parts of your body that are responsible for producing sound? (The larynx and the vocal cords). What happens to the larynx and the vocal cords when you have laryngitis? (They become red and swollen). What causes laryngitis? (There are several things that can cause the larynx and vocal cords to become inflamed: viral and bacterial infections, harsh chemicals and gases, and in the case of Lucy, simple overuse and abuse). What should you do if you have laryngitis? (Stop talking and rest your voice. A warm environment and steam inhalations are also helpful).

Activities:

1. Have students illustrate all the places Lucy went to find her voice. Write a sentence to go with each illustration.
2. Write a paragraph about a time they did not listen to the advice of one of their parents.
3. Have them take a piece of paper and a pencil and go outside for 5 minutes, not say a word and write down all the sounds they hear. See who can identify the most sounds.
4. Discuss as a class the benefits Lucy received from listening.
5. Discuss the meaning of the last paragraph in the story.

Assessment:

Observe students' participation during group discussions.

Ask them to list 5 new things they learned from the story.

This lesson adheres to National Health Standards in grades K-5.