

## Health: Medication

ESL textbooks usually have very similar Unit Topics. Take a look at your book's Table of Contents and you will probably see that Health is listed as one of the Topics. The health unit may contain subtopics such as common ailments, making appointments, and taking medication.

**Unit Topic: Health**

**Sub Topic: Medication**

### **Materials Needed:**

--copies of the attached activity sheet

--samples of medicine bottles (plastic prescription, over-the-counter aspirin, cough syrup bottle, etc)

### **Preparation:**

1. Show your students the medication containers and talk about the medicine that it contains (or contained) & for which ailments the medication is used.
2. Talk about prescription vs. over-the-counter.
3. Read the instructions on some of the containers and discuss the meaning: how many pills, or how much syrup; how often; maximum length of time the medication can be taken, etc.
4. Use the attached activity. You can have students complete the sheet as a whole class activity or assign one of the 4 items to a small group of students and ask them to report their answers to the class. Low level-learners will need extra help: have them underline only the most important words in the instructions (1 tsp., capsules, 4 times, etc) After a show & tell session with the containers you brought in to share and a thorough discuss of instructional vocabulary, beginners will be able to understand.

Have you tried using **TPR** as a part of your in-class activity? **Total Physical Response** is a listening + 'doing' activity. TPR is particularly helpful for beginners. Below is an example of a TPR activity using the medication subtopic:

**Prep: Before class** ~ make a short list of 4 or 5 actions (see below) and gather items mentioned on your list of actions. You'll gather only enough items for you to use in your demonstration. Your students will mime the actions. **In class** ~ Ask students to clear their work area. The students should not be distracted. They will listen and watch. Tell students that you will demonstrate taking medication in syrup form. As with any interactive activity, you will need to model the activity several times, over a period of several classes, before the students fully understand what they are to do. That's okay!

**Activity: Total Physical Response (TPR):**

1. You: Say and perform each action. Ask students to **Listen** and **Watch**.
2. You: Say and perform each action. Ask students to **Listen** and **DO** the actions.
3. You: Say each action - don't perform. Ask students to **Listen** and **DO** the actions.
4. You: Say each action - don't perform. Ask students to **Listen** and **REPEAT** and **DO** the actions.

**Actions (You will say each action out loud):**

1. Pick up the bottle.
2. Remove the cap.
3. Pick up the teaspoon.
4. Pour the syrup.
5. Take the medicine.

You may want to do several 'run-throughs' beforehand. Before the entire class participates, consider asking your strongest skilled student to do this with you one-on-one to demonstrate to the class what's expected.