

Lesson 1: Know You Child



Vocabulary Practice:

Tantrum - a sudden period of extreme anger	<i>My mom would throw a tantrum if I refused to eat.</i>
Cry - to produce tears as the result of a strong emotion, such as unhappiness or pain	<i>I heard someone crying in the next room.</i>
Health - the condition of the body or mind and the degree to which it is free from illness, or the state of being well	<i>Her health was much improved after she started exercising.</i>

Dialogue Reading:

Little Suzie Wants Candy for Breakfast; Tantrum Attacks

Mom: Suzie, please eat your food now.

Suzie: No! I want to eat candy... (crying)

Mom: It isn't good to eat candy for breakfast, you have to eat your food first.

Suzie: No! I want candy..candy..candy mommy!!!

Mom: Ok, you can have candy if you eat your food.

Suzie: Why can't I have candy for my breakfast?

Mom: Dear, it is not good for your health. You know, eating the right kind of food can make you stronger and healthier. You can play a lot if your body is strong and healthy, right?

Suzie: But candy is delicious and I love it.

Mom: Yes it is, but you have to know when it's the right time to eat it.

Suzie: Can I have some after I eat breakfast?

Mom: Of course dear! You can have candy, but only a little because it will be bad for you if you'll eat a lot.

Suzie: Ok! What's for breakfast then mommy?

Mom: Rice, fish, vegetables and milk.

Suzie: Hmm.. Ok! Promise that you will let me eat candy after breakfast, ok?

Exercise:

Answer the following:

1. What is a tantrum?
 - a. a sudden period of extreme anger
 - b. a loud sound
 - c. a wonderful feeling

2. What happened to Suzie?
 - a. She is feeling sick
 - b. She is lonely
 - c. She has a tantrum

3. How did the mother manage Suzie's tantrum?
 - a. shout at her
 - b. talk to her gently
 - c. spank her

4. What would you do if your child had tantrum?

5. How would you avoid this kind of situation?