



# PodPack

## Feeling Poorly

Season 1, Episode 6

Poems & Activities: *Little Dazzy Donuts*  
Illustrations: *Dot Cherch*

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# Feeling Poorly

Welcome to the *Kids' Poetry Club* PodPack on

Feeling Poorly!



**Every episode of *Kids' Poetry Club* comes with a free PodPack of activities based on that week's poems. Just download it from [kidspoetryclub.com](http://kidspoetryclub.com), print it out, and join in the fun!**

**Check out the final page for information on how to submit your own poems and drawings to *Kids' Poetry Club*!**

## Activity 1: Idioms

In the poem, “Ailments”, we heard a lot of idioms. These are phrases that mean something different to what you would expect based on the meaning of the individual words.

“A frog in my throat” is a good example.

Below, you will see a list of idioms that you need to create by pairing words on the right with words on the left. Can you work out which words belong together and draw a line between the correct pairings? You can check your answers at the bottom of page 7.

1: Elbow

A: In My Mouth

2: A Chip

B: Sealed

3: My Foot Is

C: Feet

4: My Lips Are

D: Grease

5: I Have A Dead

E: On My Shoulder

6: Having My Leg

F: Leg

7: Getting Cold

G: Pulled

## Activity 2: A Poem To Read

### “My Cold”

I sneezed so hard  
that my ears fell off,  
which made me laugh  
and I started to cough.  
Then I coughed so hard  
that I started to shake,  
and I shook so hard  
that I felt my neck break.  
Which led to my head  
falling onto the floor,  
and it was impossible to find  
as I couldn't see any more.  
So I stumbled around  
and bumped right into harm,  
when my hips dropped off  
and so did my arms.  
I knew this would happen  
when I started to sneeze,  
now the only thing left  
are some knobby knees.  
They say colds can be tricky,  
so I should have been smart  
by staying in bed  
and not falling apart.

## Activity 3: Rhymes

**Almost all of the *Kids' Poetry Club* poems involve words that rhyme. In the poem you read in Activity 2, some of those rhymes included “sneeze” and “knees”, and also “smart” and “apart”. In this activity, you have the chance to think of rhymes for seven words, and to then write those rhymes alongside the seven. Good luck!**

Word 1: Cat rhymes with \_\_\_\_\_

Word 2: Floor rhymes with \_\_\_\_\_

Word 3: Bear rhymes with \_\_\_\_\_

Word 4: House rhymes with \_\_\_\_\_

Word 5: Car rhymes with \_\_\_\_\_

Word 6: Boat rhymes with \_\_\_\_\_

Word 7: Light rhymes with \_\_\_\_\_

## Activity 4: Drawing

**In the episode, we heard a poem about an elephant with a cold where the poor elephant sneezed and everything in front of her just disappeared. That sounds like such an interesting image to draw. Use the space below to draw that image, and then take a look at the illustration that Dot Cherch did on the following page.**





### Answers for Activity 1

1D (Elbow Grease); 2E (A Chip On My Shoulder); 3A (My Foot Is In My Mouth); 4B (My Lips Are Sealed); 5F (I Have A Dead Leg); 6G (Having My Leg Pulled); 7C (Getting Cold Feet).



Check out [www.kidspoetryclub.com](http://www.kidspoetryclub.com) for more information on the weekly podcast and to listen to past episodes.

Submit your own poems (including for the competition) and drawings using the website:  
<https://www.kidspoetryclub.com/joinin>

Check out more of Dot Cherch's art and illustrations at:  
<https://www.dotcherch.com>