

ESL Conversation Club: Remedies

Warm-up:

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.

Warm-up:

She sells seashells by the seashore,
The shells she sells are seashells, I'm sure.
So if she sells seashells on the seashore,
Then I'm sure she sells seashore shells.

Conversation Questions in Groups of 2 People:

- Have you ever used a home remedy to treat a common cold or minor ailment? What was it?
- What are some traditional remedies that people use in your culture to relieve common ailments?
- How do you usually treat a headache or a stomachache?
- Do you believe in the healing power of natural remedies, such as herbal teas or essential oils?
- What do you do when you have trouble falling asleep at night? Do you have any remedies to help you sleep better?
- Have you ever tried a remedy for a skin rash or irritation? Did it work?
- How do you feel about using over-the-counter medications to relieve pain or discomfort?
- Do you know any remedies for a sore throat or a cough?
- What do you do when you have a minor cut or burn? How do you treat it at home?

- Have you ever used a remedy to calm your nerves or reduce stress? What was it?
- What are some remedies that people in your family or community swear by for different health issues?
- How do you feel about alternative remedies, such as acupuncture or aromatherapy?
- What are some common remedies for indigestion or upset stomach in your culture?
- Do you prefer using natural remedies or modern medicine when you're not feeling well?
- What's the best remedy you know for relieving muscle soreness or stiffness?
- Have you ever tried using a home remedy for a minor injury, like a sprain or strain?
- What do you do when you feel stressed or anxious? Are there any remedies that help you feel better?
- Do you have any favorite herbal remedies for boosting your immune system during the flu season?

Vocabulary to Practice

- **Remedy:** Noun - A way of curing or improving an illness, injury, or problem. Example: "Honey is a natural remedy for a sore throat."
- **Home remedy:** Noun - A treatment or cure for a health issue that uses natural ingredients or methods, often prepared and used at home. Example: "My grandmother always had a home remedy for a cough."
- **Herbal remedy:** Noun - A remedy made from plants or herbs, believed to have medicinal properties. Example: "Chamomile tea is a popular herbal remedy for relaxation."
- **Relief:** Noun - The feeling of comfort or improvement after using a remedy to alleviate pain or discomfort. Example: "Taking a pain reliever provided relief from his headache."
- **Natural:** Adjective - Coming from nature or not artificial; used to describe remedies made from plants or other natural sources. Example: "Eucalyptus oil is a natural remedy for congestion."
- **Soothe:** Verb - To make someone feel calmer or reduce discomfort using a remedy or gentle treatment. Example: "Applying aloe vera gel can soothe sunburned skin."
- **Ailment:** Noun - A minor illness or health problem that is not serious. Example: "He used a traditional remedy to relieve his common cold ailment."
- **Treatment:** Noun - The use of remedies or medical procedures to improve or cure a health condition. Example: "Physical therapy is a common treatment for sports injuries."
- **Relieve:** Verb - To lessen or alleviate pain, discomfort, or symptoms using a remedy. Example: "Drinking warm tea can relieve a sore throat."
- **Cure:** Noun - A remedy or treatment that brings about recovery from an illness or health problem. Example: "Antibiotics are often used as a cure for bacterial infections."
- **Medicinal:** Adjective - Having properties that are useful for treating medical conditions. Example: "Certain mushrooms have medicinal properties and are used in traditional remedies."
- **Ointment:** Noun - A soft, oily substance that is applied to the skin as a remedy for certain conditions. Example: "She applied an antibiotic ointment to the cut on her finger."

