Ick! I'm Sick!

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An Original Playbook®

Presented in...
Playbook® Advantage Format

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Welcome to the world of Playbooks® and the beginning of a wonderful reading adventure! When you read a Playbook®, you and other readers become the characters in the story. As you read your part out loud, you will have fun acting like your character. Together with the other readers, you’ll explore the story plot learning what will happen next. It’s an exciting journey of discovery that pulls you into the story and you’ll want to read it out loud again and again.

HOW DO YOU GET STARTED?

Begin your reading adventure with the character summary, which is located in the front of the book. You’ll notice right away that the words and sentences for each character appear in a different color on this page and throughout the book, which makes it easy to follow along and read your part. As a reminder, the top of each page shows a chart with each character’s name in the assigned color.

It doesn’t matter whether you are a beginning reader or experienced reader, there is a part for everyone. The number of characters in the story may not necessarily match the number of readers in your group. Readers can play more than one main character role, or they can combine a main character role with a shorter role. Have each person read the character summary from his or her own copy of the book to become familiar with all the characters and their personalities. Then, based on each person’s reading comfort level, he or she can pick one or more characters to read out loud. The most experienced reader typically reads the narrator role. It’s important for teachers and parents to refer to the Teacher or Parent Guide when assigning roles. Consult the reference section on the next page for more information.

Sometimes you will see black italicized text inside parenthesis before or in the middle of sentences. These are called “cues” and tell you how to read a sentence with expression. For example, if the “cue” says (with surprise), speak the sentence with surprise in your voice!

Cues are not read out loud. Have fun bringing your character to life by bringing your voice up and down, speaking softly or loudly, changing your facial expressions, and moving your hands or body. Trying different voices or accents can also be lots of fun. You can even wear simple costumes to help you get in character. Consider going on a scavenger hunt around your house or in your classroom to find simple items you can wear such as a hat or pair of glasses. Playbooks®, Inc. offers optional mini costume kits at www.playbooks.com.
MAKING THE MOST OF THE STORY

You can start the story by reading it out loud the first time or by practicing your part on your own. As you get better with your role, you may want to change the way you express your character’s personality or you may want to switch roles with another reader. Be creative! When all your readers get comfortable with their roles, you may want to perform in front of a friendly audience.

Reading out loud is so much fun that it’s easy to forget about the other readers.

So be sure to read with good manners! Here are some helpful hints. Don’t talk when other readers are reading. Keep up and be ready to read when it’s your turn. Speak loudly and clearly so everyone can hear you. Stay in character for the whole story! Most importantly, enjoy your Reader’s Theater experience.

You and your cast of characters are ready to begin your Playbook® adventure!

FOR TEACHERS AND PARENTS

Being an active participant in a story spikes the reader’s curiosity to learn more about the story’s theme. Playbooks®, Inc. provides classroom activity suggestions and worksheets to reinforce concepts from the story and go beyond the story into the content areas of Language Arts, Math, Science, Social Studies, Art, Health, etc., as well as Character Development. Activities range in skill level and age appropriateness, so the teacher or parent can choose activities that best suit the readers. Activities include: comprehension quizzes, crossword puzzles, word search, vocabulary, discussion and writing prompts, story mapping, word problems, etc. To download FREE supplemental activity sheets currently available, please go to: www.playbooks.com/supplements. Visit the Playbook® website frequently as we are continually updating it with new story-specific supplements.

RESOURCES/RESEARCH

The Playbook® format is based on current instructional research. Using the Department of Education’s published standardized measurement scales as a guide, credentialed teachers edit and approve all the Playbook® stories and supplemental activity sheets for multiple reading levels and content.

A Recommended Reader Assignment chart that identifies the reading level for each story character is included in the group set. For additional FREE copies, please go to: www.playbooks.com/rra.htm, and locate the story’s title.

Rewarding a child for exceptional effort and performance is an excellent practice for boosting a child’s reading confidence. To download FREE Award Certificates to recognize star performers, please go to: www.playbooks.com/award/certificate.htm.

For specific guidance on implementing a Playbook® story in the classroom or in the home, download a FREE Teacher or Parent Guide at the following link.

TEACHERS: www.playbooks.com/schools/teacherguide.pdf
PARENTS: www.playbooks.com/parents.shtml

Seeing readers develop a passion for reading while working with the Playbook® format will be one of your greatest rewards.
# Ick! I'm Sick!

**Presented in...**

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Alex
I love sports and playing with my friends, Cody and Jessica. My mom says I never stop moving.

Cody
I like math and soccer. Alex and I play on the same team.

Jessica
School is fun, but the best part of the day is lunch. I get to talk to all my friends, and sometimes we have food fights.

Spike
I am a germ. I just love kids! They’re so easy to talk to. Adults can’t seem to hear me. I have a special job to do and I plan to do it well!
**Germ Chorus**  
We are all the germs. We grow stronger and louder when we work together.

**Lunch Lady**  
I love my job, but it can be tiring sometimes. Kids playing jokes on each other and running around the lunch tables sure keep me busy.

**Nurse**  
My job is to help take care of the students in our school. They come to see me when they feel bad, and sometimes I have to send them home so other children don’t get sick.

**Narrator**  
I must read everything with expression!
What is Cue Text?  
Cue text tells readers HOW to read their lines. 
Cue text is shown in both italics and parentheses and appears before a line of dialogue. Cue text is not read aloud.

Example: *(yelling)* Look out!

Narrator  
Alex sat at the lunch table with his two best friends and looked sadly at the pizza on his plate. Pizza was his favorite food, but he didn’t feel like eating. The lunch lady came over and took a good look at him.

Lunch Lady  *(worried)* You look terrible, Alex! You shouldn’t even be at school today.

Alex  
I feel very bad.

Lunch Lady  
I think you might have caught a bug … a cold bug.

Cody  
A cold bug?

Jessica  
What is a cold bug?

Lunch Lady  
It’s something that makes you sick.

Alex  
I want it to go away.

Lunch Lady  
You need to go and see the nurse. She will probably send you home.
Narrator  The lunch lady ran off to stop a food fight at another table. The kids suddenly heard a very tiny voice.

Spike  *(whispering)* I know how you can get rid of a cold.

Alex  Who are you?

Spike  *(nicely)* I’m Spike. I’m here to help you get rid of your cold.

Cody  We cannot see you.
Spike: Just listen then. If you want to get rid of a cold, you have to give it away. If you don’t, you’ll feel like this forever!

Alex: No! I do not want to feel like this forever!

Spike: Okay. Then here’s what you do. First, you need to sneeze on people.

Alex: Yuck! That does not sound right.

Spike (firmly): You have to do it if you want to give the cold away. Now practice!
Narrator: Alex did not want to have a cold forever, so he turned and sneezed right into Cody’s face.

Alex: Achoo!

Cody: Yuck!

Alex: How was that?

Spike: Pretty good. Try to get more spray next time. Do it again. You have to sneeze on as many people as you can.
Narrator Following the green germ’s instructions, Alex turned and sneezed on Jessica.

Alex Achooooo!

Jessica Don’t do that to me!

Cody Stop it!

Narrator The nurse was on her way out of the cafeteria with her lunch tray.

Nurse Did I just hear sneezing? Oh my! I better get ready.

Narrator After Spike saw the nurse rush away, he whispered to Cody and Jessica.

Spike You both should practice, too, just in case you get colds. Coughing works, too. Cough on other kids’ backpacks and books! Wiping your nose with your hands is good, too, and don’t wash them afterwards.

Alex My mom says washing your hands is good.

Spike Do you always do everything your mom says?

Jessica Yes, I do.
| Cody     | I do, too.               |
| Spike    | *(demanding)* Well, this time you should listen to me. I’m an expert! |
| Alex     | Why should we do what you say? |
| Jessica  | You don’t seem nice. |
| Cody     | No, you don’t. |
| Spike    | If you don’t do what I say, you will have the cold forever and ever. |
| Narrator | Alex and his friends practiced sneezing and coughing and wiping their noses. They coughed and sneezed on kids at other tables. Within a few minutes, there wasn’t just one little bug-sized voice telling them what to do. There were now many voices and they were getting louder. |
| Germ Chorus | Sneeze and cough! Blow your snot! Don’t just say it! Go and spray it! |
| Lunch Lady | Wow! So many sneezes. It seems a lot of kids are getting sick! I better go get some tissue! I’ll be right back. |
Cody: I do not feel good.
Jessica: I feel bad, too! *Ick! I’m sick!*
Spike: Didn’t I tell you? It sounds like you have the cold, too. It’s a good thing you’ve been practicing!
Alex: Then we have to try harder!
Narrator: The kids sneezed and coughed on everyone.
Spike (proudly) Keep up the good work! Rub your hands on the door knobs. Door knobs are great places for germs.

Jessica Look! Watch me sneeze on the salad! Achoo!

Cody Achoo! This is fun!

Alex Achoo! We do not get to do this at home!

Germ Chorus Sneeze and cough, Blow your snot, Don’t just say it, Go and spray it!
Spike Make every sneeze and cough count!

Narrator The kids sneezed and sprayed their way through the day. They sounded so sick their teacher sent them to the nurse.

Nurse You poor kids! You look so tired!

Jessica We are all sick.

Cody We feel bad.
Nurse You have not been taking care of yourselves, have you?
Cody Yes we have!
Jessica We want to get rid of the cold!
Alex We are trying very hard to give it away!
Nurse *(shocked)* What? You can’t give it away! That is how people get sick in the first place! Do you know what a virus is?
Cody Is it a bug?
Nurse People call it a bug or a germ. Viruses are very small. You can’t see them, but they can make you sick.
Alex Can you hear them?
Nurse *(laughing)* Hear them? Of course not.
Alex We can’t give them away?
Nurse No, you can only spread them. You’ll be just as sick as before, and you’ll make your friends sick, too!
Jessica Alex, you gave me a cold!
Cody Yeah! You made us sick!
Nurse: Don’t blame Alex. A cold is very easy to spread.

Cody: How?

Nurse: Well, if your body is a little weak to begin with, the cold virus can get inside of you and multiply. That means it makes more and more viruses! They fly out of your nose and mouth when you cough and sneeze.
Alex: So then they can make other people sick, too!

Nurse: Absolutely! The germs also land on objects and surfaces. When you touch something with germs on it and rub your face, you can get sick.

Jessica: Oh no! The cold is so easy to get!

Cody: Can we stop it?

Alex: How can we get rid of it?

Nurse: Well, there is no cure for the common cold, yet. The very best thing to do is not to get it in the first place. That’s called prevention.

Spike: *(to himself)* Oh, no! She’s going to teach them about prevention!

Jessica: Prevention?

Cody: What is that?

Nurse: It means to take good care of yourselves, so you are too healthy to get sick.

Jessica: I want to be “too healthy!”
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**Nurse**
Well, eat lots of fruits and vegetables. Get enough rest, and exercise. Practice good habits like washing your hands often, especially before you eat.

**Alex**
That sounds right.

**Cody**
We can do that.

**Nurse**
I’m going to send home a flyer reminding parents about prevention.

**Spike** *(upset)*
Oh, no! Don’t do that!

**Nurse**
If you do these things all the time, you’ll stay healthy! Now I’m going to call your parents to come and get you.

**Narrator**
While the kids waited, they could hear the little germ voices chanting loudly.

**Germ Chorus**
Sneeze and cough, Blow your snot, Don’t just say it, Go and spray it!

**Cody**
We know who you are!

**Alex** *(upset)*
You lied to us!

**Jessica**
You germs are all bad!
Spike  What do you expect? Our whole lives are spent making people miserable! That’s what we do!
Alex  Well, we will not help you any more.
Spike  *(laughing)* You have helped us so much already!
Narrator  The children finally realized just how much they had helped the germs to spread. The nurse returned.
Alex  We helped to put germs everywhere.
Jessica  So we need to help clean them up!
Nurse  I can’t let you kids clean because you’re too sick. But that’s a great idea. We’ll have to have the school disinfected.
Narrator  That night, the janitors worked extra hard. As they cleaned, the chanting germs became quieter.
Germ Chorus  *(in a softer voice)*
Sneeze and cough,
Blow your snot,
Don’t just say it,
Go and spray it!

Narrator  They scrubbed the entire school. They wiped off the chairs and scraped every last piece of gum out from under the desks and tables.

Germ Chorus  *(almost whispering)*
Sneeze and cough!
Blow your snot!
Don’t just say it!
Go and spray it!

Narrator  Alex and his friends realized if the nurse wasn’t sick, she must be doing something right. So they took her advice. Sure enough, they felt better sooner than expected! When the kids returned to school, only one little eerie voice was left.

Spike What’s been going on around here? We can’t make anyone sick anymore. This isn’t fair!
Cody The janitors cleaned the school.
Alex Yes, and all the parents got a flyer about prevention.
Jessica Everyone has been eating healthy foods and resting, and washing you awful bugs off their hands!
Cody You cannot make anyone sick now!
Alex That’s right!
Spike (defeated) Oh, no! I just hate it when people find out about prevention.
Spike Why do they have to cover their mouths and wash their hands? It ruins everything!
Narrator Just then a draft came in through the door and Spike was swept through the air until he landed on an envelope. He was then stuffed into a basket just as the mailman was picking up the mail.
Spike See you later, kids. I’m riding on a letter out of here! Places to go, people to infect!
Cody The big germ got away!
Jessica Where will it go now?
Alex It will try to make other people sick!
Later that day, Spike arrived at the post office. Everybody was much too busy to pay attention, but if anybody had stopped to listen they would have heard a chant that began softly, but was steadily growing louder.

_Germ Chorus_ (quietly) Sneeze and cough,
(louder) Blow your snot,
(even louder) Don’t just say it,
(shouting) Go and spray it!

**The End**