Teach Me Health and Homeopathy

-Lesson 14-

STUDENT WORKBOOK
Level 1 (1st - 3rd grade)

FREE Promotional Sample

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Endorsed by the Academy of Homeopathy Education

ARNICA MONTANA
For short: Amica
Common Name: Leopard's Bane

For bumps, bruises, wounds, and injuries of all kinds—be sure to go and find your Arnica montana. Have no fear—it’s the premier injury remedy!

APIS MELLIFERA
For short: Apis
Common Name: The Honey Bee

Hives, very large swelling, itching, and stinging are all indications for Apis mellifica. The symptoms of Apis may also include serious allergic reactions.

ARSENICUM ALBUM
For short: Arsenicum
Common Name: Arsenic Trioxide

Arsenicum album is a polycrest used for various symptoms such as great weakness, burning pains, violent itch, hay fever, restlessness, diarrhea, nausea, and digestive distress. If you encounter poisoning with vomiting and such, remember this great remedy, it will relieve you much!
Lesson 14
Art Journal Activity:
MEET THE FATHER OF HOMEOPATHY

For this activity, you will be creating a pop-up page in your art journal that introduces you to the father of homeopathy—Dr. Samuel Hahnemann!

Materials:
- Scissors
- Colored pencils
- Liquid glue
- Art Journal, or an 8.5 x 11” sheet of paper

Directions:
- While you listen to *Evie and the Secret of Small Things* being read-aloud, color the activity page.
- Cut on the dotted lines and fold on the solid lines.
- Assemble your pop-up!
- Watch the instructional video in the Online Teacher’s Area. It will show you how to put the pop-up page together.

INTERVIEWING YOUR PARENTS OR A TRUSTED ADULT

Take some time to interview your parents, or any trusted adult, using the questions below. This is a good opportunity to connect with neighbors or extended family. Either set up a time to meet in person or for a phone or video-chat interview, then see the questions below to get some ideas of what to ask. You may want to have a pen and paper with you while conducting the interview to take note of their responses, or to jot down any additional questions you may think of on the spot. You may use these notes to share when reporting back to your class.

Questions to ask:
- In my class, I am learning about how we can make good decisions, especially when we are confused about what the right choice is. Can I ask you a few questions about that?
- Have you ever had a conversation where you felt pressured or “scared into” making a decision that you weren’t sure about? What happened?
- How can you avoid being pressured into making a decision before you are ready?
- What advice do you have for me to use this information in my own life?

Think about what you learned from your interview discussion. Using the extra space in the corners and underneath your pop-up, journal about what you learned. If you need more space, continue on the back of your page.
Assembly Guide:

Below is a guide to help you position the cut-out pieces for your Hahnemann pop-up activity. If you are using an art journal, the center line is the crease in your notebook. If you are using an 8.5 x 11” piece of paper, then the center line is where your fold is.

Watch the instructional video in the *Online Teacher’s Area* for step-by-step instructions on how to assemble and decorate your pop-up.

**Glue in your fold flaps at these approximate angles.**

- **DR. HAHNEMANN NAME CUT-OUT**
  Around 4½” from bottom.

- **PICTURE CUT-OUT**
  At least 1½” from bottom.
Tell me about Belladonna!

When your symptoms are red, hot, angry, and throbbing, reach for Belladonna—there’s no need for sobbing. For the symptoms: dry, swollen, painful, and sore, or a sudden high fever of 103 or more—that’s Belladonna.

Directions:
Follow the rules of handwriting to trace the song lyrics printed below. Then, cut out your writing and glue it into your art journal. Add any colors, symbols, or pictures that represent the lyrics, or that will help you to commit to memory the key details about Belladonna.

♪♪ Listen to “Tell Me About Belladonna!” in your Homeopathy Memory Work Music while you practice!
Directions:
Follow the rules of cursive to trace the song lyrics printed below. Then, cut out your writing and glue it into your art journal. Add any colors, symbols, or pictures that represent the lyrics, or that will help you to commit to memory the details about Belladonna.

Listen to “Tell Me About Belladonna!” in your Homeopathy Memory Work Music while you practice!

Tell me about Belladonna!

When your symptoms are red, hot, angry, and throbbing, reach for Belladonna, there’s no need for sobbing. For the symptoms: dry, swollen, painful, and sore, or a sudden high fever of 103 or more, that’s Belladonna.