

## Activity Information Sheet:

**Activity:**

A poem about home remedies for children

**Duration:**

10 minutes

**Resources:**

1 sound recording of a man reading a poem about the medicines and cures from childhood days.

A printable PDF of photos to talk about and prompt other memories

**Extras:**

Notebook or recording device to share stories about childhood cures.

**Activity aim:**

- To listen to a recording of a poem about childhood medicines and home remedies.
- To recall stories about ailments and cures from childhood.

**Instructions:**

1. Explain that you are going to listen to a poem about the sort of cures and medicines that children were given by their 'Mams' in the past.
2. Before listening to the poem, look at the accompanying photos and talk about the medicines and packaging and what they are reminded of. Talk about personal care then and now. What people like and what they don't like.
3. Listen to the poem. See if you can hear when he mentions any of the items in the photos. Discuss ailments and cures from the past and now. You may want to listen again to enjoy the rhymes and references!

**Topics for discussion:**

- What do you think mustard plasters and hot bread poultices were used for?
- What did they / their mum / their gran use to cure a variety of illnesses?
- Were any of the things in the poem effective?
- What useful things would you have in medicine cupboard now?