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Mandarin Checkup – Week 1

Key language: Describing how we feel

nǐ hǎo, yī sheng
你好，医生

Hello doctor.

nǐ hǎo ma ?
你好吗？

How are you?

hěn hǎo, xiè xiè
很好，谢谢！

I'm fine, thank you.

wǒ bù shū fu
我不舒服！

I'm (feeling) bad.

wǒ lèi le
我累了！

I'm tired.

Culture:

In Mandarin, there's a fun way to say that you are only 'so-so.' We say mamahuhu. It literally means horse horse tiger tiger!



Fun at Home:

We can always make time to check in with friends and family. At mealtime you can ask someone, nǐ hǎo ma? When it's your turn to share, let them know how you are feeling. hěn hǎo, xiè xiè or wǒ lèi le .



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Mandarin Checkup – Week 2

Key language: Describing body parts that hurt

wǒ wèi téng 。

我 胃 疼 。

My stomach hurts.

wǒ tóu téng 。

我 头 疼 。

My head hurts.

wǒ tuǐ téng 。

我 腿 疼 。

My leg hurts.

wǒ shǒu bì téng 。

我 手 臂 疼 。

My arm hurts.

wǒ hǎo duō le

我 好 多 了 ！

It's all better!

āi yōu

哎 哟

Ow !

Culture:

In China, if children fall down or feel sick, parents kiss them to make them feel better just like they do here. Many parents tell the children that it is okay to cry, but being brave will make you feel better.



Fun at Home:

The doctor is in! Gather your favorite stuffed animals, action figures or dolls in your “waiting room.” As each character takes a turn visiting the doctor, make sure they tell you in Mandarin what’s ailing them. wǒ wèi téng or wǒ tuǐ téng 。



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Mandarin Checkup – Week 3

Key language: Actions we do in a checkup

zhāng kāi zuǐ ba 。

张 开 嘴 巴 。

Open your mouth.

shēn chū shé tou 。

伸 出 舌 头 。

Stick out your tongue.

zhāng kāi yǎn jing 。

张 开 眼 睛 。

Open your eyes.

bì shàng yǎn jing 。

闭 上 眼 睛 。

Close your eyes.

bì shàng zuǐ ba 。

闭 上 嘴 巴 。

Close your mouth.

Culture:

In China, many children stick their tongues out. Children do it in class to teachers or even at home to parents. It is not a playful gesture, but rather a way to say, “Oops! I made a mistake!”



Fun at Home:

Look in the mirror and identify parts of your face as you get ready for bed. Tell yourself zhāng kāi zuǐ ba before you brush your teeth and bì shàng yǎn jing before you wash your face.



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Mandarin Checkup – Week 4

Key language: Describing oneself and expressions for a job well done!

wǒ lì hai。
我厉害。

I'm strong.

wǒ gāo 。
我高。

I'm tall.

wǒ yǒng gǎn 。
我勇敢。

I'm brave.

zhēn bàng!
真棒！

Good job!

Culture:

When someone is brave, we say that they are “brave as a big tiger.” Next time you're scared of something, just imagine yourself as a giant tiger.



Fun at Home:

This week when someone does something you like, tell them in Mandarin! zhēn bàng!



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Mandarin Checkup – Song

zhè shì wǒ shēn tǐ ,
这 是 我 身 体 ,

This is my body,

zhè shì wǒ shēn tǐ ,
这 是 我 身 体 ,

This is my body,

tóu ér, jiān bǎng, shǒu hé jiǎo 。
头 儿 , 肩 膀 , 手 和 脚 。

Head, shoulders, hands and feet.

zhè shì wǒ tóu fa ,
这 是 我 头 发 ,

This is my hair,

zhè shì wǒ de liǎn ,
这 是 我 的 脸 ,

This is my face,

ěr duo, yǎn jīng, bí zi, zuǐ 。
耳 朵 , 眼 睛 , 鼻 子 , 嘴 。

Ears, eyes, nose, mouth.