Lesson Plan (P6-S1): Students Anxious About Getting Vaccines? Help is here!

Resources

- Kids Boost Immunity Website
- Student Brainstorm Worksheet
- Student Worksheet
- KBI Lesson Worksheet for Vaccines

Lesson Big Ideas

As part of routine school vaccinations, there are key learning opportunities for students to better understand vaccines and reduce anxieties about getting vaccinated. This lesson plan is designed to support all students to better understand vaccines and manage their immunization experience at school.

Activating

Discussion: Discuss with students how certain situations can make us anxious. Normalize how anxiety is something that is a normal part of our lives and affects us all. Talk about what anxiety can feel like in our bodies to help students understand that it can appear in many ways and better identify when they are feeling anxious.

Brainstorm: Have students work with a partner to come up with anxiety-causing situations. Explore both the serious and humorous side of anxieties. Perhaps students have memories of themselves or others as younger children being afraid of things that might now seem funny. Here are a few examples students have shared:

- First day of school
- Performing or presenting
- Certain songs like Happy Birthday
- Learning to do up buttons or tying their shoes

When the partners have identified 3-4 examples of situations which caused or cause them anxiety, have them work together to identify strategies that could help in these situations.

Discussion: Have students discuss how getting a jab (jag) or vaccine might create a feeling of anxiety. Create a web or shared space to look at this together.

What are some good things about getting a vaccine? What are some things we are not comfortable with or are worried about when we think of getting a jab (jag) or a vaccine? Make a list.

FEEL GOOD ABOUT	FEEL UNCOMFORTABLE OR ANXIOUS
Are there some things that we feel good about when we think about getting a vaccine?	What are some things we are not comfortable with or are worried about when we think of getting a jab (jag) or vaccine?

Class Discussion: Together, discuss how the class feels about their lists and allow a space to answer questions or worries about getting a jab (jag) or vaccine.

1. To stop the spread of infectious diseases (diseases that spread from person to person) most people need to have a vaccine. How do we feel about that?
2. An infectious disease affecting the whole world is COVID-19. What has COVID-19 taught us about the importance of vaccines?
3. What questions do we have about vaccines?
4. Do we feel anxious about ourselves or others getting a jab (jag) or vaccine? What are we worried about?

Acquiring

- Have students register or log in to Kids Boost Immunity.

- Go to the **Lessons** section of the website, and click on the How Handle To Your Vaccine Like a Star (P6-P7) or How To Prepare For Vaccination Day (S1-S4) learning module.
- Have students complete the lesson and accompanying quiz—remember each quiz with a score of 80% or higher earns a vaccine for a child in another country! For younger grades, do the lesson and quiz together as a class. After that, students can do the quiz on their own to earn a vaccine.
- Prior to students completing the lesson, you can provide them with the Lesson Worksheet, so they can fill in their answers.

Getting Ready

If you have not used Kids Boost Immunity before, it is very easy to use. In order to use the site, teachers must first register, and that just takes a minute to do. It's a good idea to register a few days before asking your students to do the lessons.

- Teacher registration can be done here.
- Help for setting up your class to use KBI can be found here (you must be logged in).
- Student registration help can be found here (you must be logged in).
- There is a lesson plan Getting Students Started on KBI you might like.

This Activity Works!

Pamela Lowe, a BC teacher librarian, has shared how well the online lesson *How To Handle Your Shots Like a Champ* has worked for the students who were receiving their immunizations. By being able to talk about how they were feeling and being given strategies to help them cope with getting the needle, the students were much calmer.

Pamela commented that the school nurse noticed a positive difference in these students who had done the Kids Boost Immunity online lesson and had a chance to have discussions beforehand. Pamela reiterated that this is definitely a relevant and worthwhile activity that supports both teachers and students.

kidsboostimmunity.com/testimonials