Lesson Plan: How to Handle Your Vaccines Like a Champ (BC)

Resources

- Kids Boost Immunity Website
- Student Brainstorm Worksheet
- Champ Lesson Worksheet — Answer Guide Champ Lesson Worksheet
- Find The Champ Words Activity — Answer Guide Find The Champ Words
- Diseases Vaccines Protect Against Activity — Answer Guide Diseases Vaccines Protect Against

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 help students better understand vaccines and manage their experience at school vaccination clinics.

Activating

Discussion: Discuss with students how certain situations can make us anxious. Normalize how anxiety 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 sides 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 tie their shoes

Lesson Plan: How to Handle Your Vaccines Like a Champ (BC)

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 needle 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 needle or a vaccine? Make a list.

FEEL GOOD ABOUT	FEEL UNCOMFORTABLE OR ANXIOUS
When we think about getting a vaccine, are there some things that we feel good about?	What are some things we are uncomfortable with or worried about when we think of getting a needle or vaccine?

Getting a sense of which students are very anxious about needle fears can help know who needs extra support prior to Vaccination Day. Have students hold up the number of fingers of their level of anxiety about getting a needle

1	2	3	4	5
no anxiety	low anxiety	some anxiety	high anxiety	extreme anxiety

Class Discussion: Together, discuss how the class feels about their lists and allow a space to answer questions or worries about getting a needle 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. What questions do we have about vaccines?
3. Do we feel anxious about ourselves or others getting a needle or vaccine? What are we worried about?

Lesson Plan: How to Handle Your Vaccines Like a Champ (BC)

Acquiring

- Go to the **Lessons** section of the website, and click on the Grade 6: How to Handle Your Vaccines Like a Champ learning module or the Grade 9: How to Handle Your Vaccines Like a Champ learning module. Here are accompanying worksheets, activities, and answer guides to support student learning.
  To support teachers and students with needle fears, this prompt is provided prior to watching the videos:
  PLEASE NOTE: This video shows a few children preparing for and getting a vaccine (needle). Any students who might not like to watch this can look away and just listen. The children shown in the video are fine and not scared at all. Getting a needle only takes a few seconds.
    - Champ Lesson Worksheet Answer Guide Champ Lesson Worksheet
    - Find The Champ Words Activity Answer Guide Find The Champ Words
    - Diseases Vaccines Protect Against Activity Answer Guide Diseases Vaccines Protect Against

- Have students complete the 'Trivia' quiz. This will only take 2 minutes.
- Have students complete the lesson and accompanying quiz—remember, a score of 80% or higher earns a vaccine for a child in another country! It is suggested that teachers lead the students through the lesson and quiz as a class to make sure they go through all of the information and interactive games. 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.

NOTE - There are other relevant lessons that you may want to do at another time.

- Grade 4-7: Germs, The Body's Defense System, & How Vaccines Help (Lessons 5, 6, & 7)
- Grade 9-12: The Immune System & How Vaccines Help Prevent Diseases (Lessons 2, 3, 4 & 5)

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 sign up for a free teacher account. It just takes a minute to do and your account will be approved within 24 hours. It's a good idea to do this a few days before asking your students to do the lessons.

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- Teacher sign-up can be done here.
- Instructions for registration and creating a team. Follow the directions provided.
- Help for setting up your class to use KBI can be found here (you must be logged in).

Brainstorm Activity

Situations Which Can Create Anxiety	
3-4 Situations We Think Could Create Anxiety	**Ways To Help Ease Anxiety In This Situation**

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Champ Lesson Worksheet Name _____

1. Does getting a needle (vaccine) worry you?
   Circle your answer

   Yes
   No
   Sometimes

2. The lesson talks about playing your Power Cards if you're nervous about needles. Write the number that matches the correct meaning to the Power C-A-R-D.

C __	1. Ask questions
A __	2. Relax your body so you are calm
R __	3. Distract yourself with something fun
D __	4. Make yourself comfortable

3. A vaccine helps protect us from getting sick from a disease.

   Yes
   No

4. Vaccines save many lives each year.

   GUESS HOW MANY?

   - 500,000 lives
   - 1 million lives
   - 1-2 million lives
   - 2-3 million lives
   - 100,000 lives

Fill in the blank *(check spelling)*. Choose from **before** **after** *(check spelling)*

5. It is better to have a vaccine _____ we get sick from a disease.

Fill in the blank *(check spelling)*. Choose from **2 days** **1 week** **2 weeks**

6. It takes a vaccine about _____ to protect us from a disease.

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Fill in the blank *(check spelling)*. Choose from **can** **cannot**

7. When most people get a vaccine the disease _____ spread as easily.

8. Getting a needle is really quick. How long does it take?

- A couple of seconds
- 1 minute
- 5 minutes
- 20 minutes

Lesson Plan: How to Handle Your Vaccines Like a Champ (BC)

Answer Guide Champ Lesson Worksheet

1. Does getting a needle (vaccine) worry you? **Answers will vary**
   Circle your answer

   Yes
   No
   Sometimes

2. The lesson talks about playing your Power Cards if you're nervous about needles. Write the number that matches the correct meaning to the Power C-A-R-D.

C **3**	1. Ask questions
A **1**	2. Relax your body so you are calm
R **2**	3. Distract yourself with something fun
D **3**	4. Make yourself comfortable

3. A vaccine helps protect us from getting sick from a disease.
   Yes
   No

4. Vaccines save many lives each year.

   GUESS HOW MANY?

   - 500,000 lives
   - 1 million lives
   - 1-2 million lives
   - **2-3 million lives**
   - 100,000 lives

Fill in the blank *(check spelling)*. Choose from **before** **after** *(check spelling)*

5. It is better to have a vaccine **before** we get sick from a disease.

Fill in the blank *(check spelling)*. Choose from **2 days** **1 week** **2 weeks**

6. It takes a vaccine about **2 weeks** to protect us from a disease.

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Fill in the blank *(check spelling)*. Choose from **can** **cannot**

7. When most people get a vaccine the disease **cannot** spread as easily.

8. Getting a needle is really quick. How long does it take?
   - **A couple of seconds**
   - 1 minute
   - 5 minutes
   - 20 minutes

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Find the Champ Words Activity

In the Champ lesson Part 1-3, you have learned some things to help you have a better experience on vaccination day.

Here is an activity to see if you recognize some important words.

FIND the 8 WORDS in the list. Circle, underline or color with a highlighter.

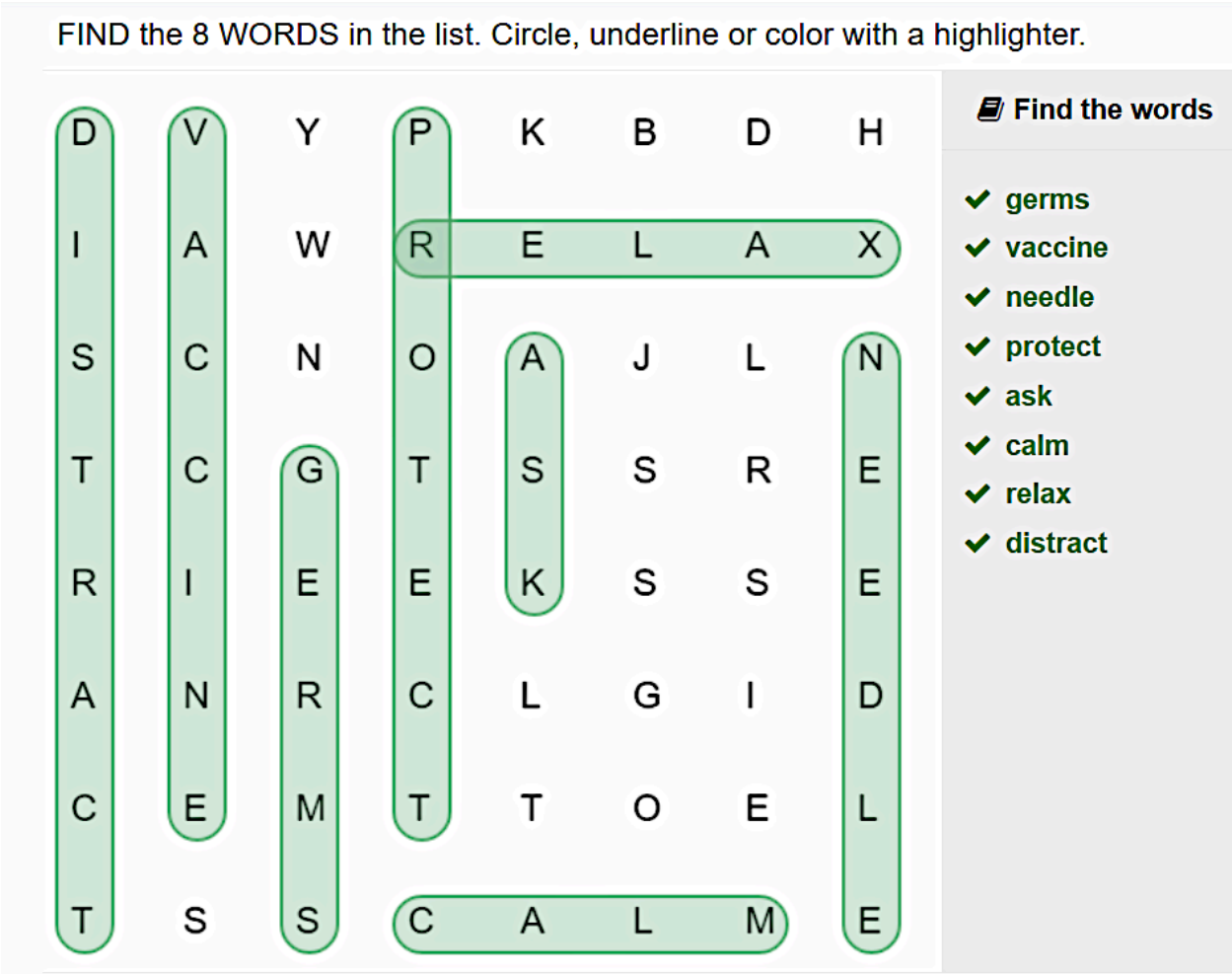
D	V	Y	P	K	B	D	H
I	A	W	R	E	L	A	X
S	C	N	O	A	J	L	N
T	C	G	T	S	S	R	E
R	I	E	E	K	S	S	E
A	N	R	C	L	G	I	D
C	E	M	T	T	O	E	L
T	S	S	C	A	L	M	E

Find the words

germs
vaccine
needle
protect
ask
calm
relax
distract

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Answer Guide Find the Champ Words Activity



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Diseases Vaccines Protect Against Activity

Vaccine-preventable diseases

Circle, underline or colour with a highlighter all the words that are diseases that vaccines can help protect us against.

mumps ice cream influenza bicycles measles weather chickenpox

movies hepatitis B movies polio mountains cats

HPV (human papillomavirus)

Circle, underline or highlight with a highlighter all the words that the HPV (human papillomavirus vaccine) helps prevent.

Mouth and throat cancer head cold measles tooth-ache genital warts

cuts and bruises head lice cervical cancer twisted ankle

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Answer Guide - Diseases Vaccines Protect Against

Vaccine-preventable diseases

Circle, underline, or highlight with a highlighter all the words that refer to diseases that vaccines can help protect us against.

mumps ice cream **influenza** bicycles **measles** weather **chickenpox**

movies **hepatitis B** movies **polio** mountains cats

HPV (human papillomavirus)

Circle, underline or highlight with a highlighter all the words that the HPV (human papillomavirus vaccine) helps prevent.

Mouth and throat cancer head cold measles tooth-ache **genital warts**

cuts and bruises head lice **cervical cancer** twisted ankle