

<b>Choose Your Own Adventure: Give Vaccines A Shot!</b>	<b>Grades 4-8</b>
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<h1 style="margin: 0;">Lesson Plan</h1>	
<p><b>Description</b></p> <p>Students will click through an interactive choose your own adventure story to learn about the vaccines they will get in school and explore some common vaccine questions like:</p> <ul style="list-style-type: none"> <li>•What are vaccines?</li> <li>•How do vaccines work?</li> <li>•Why are vaccines important?</li> <li>•How do I deal with vaccine-related anxiety?</li> </ul> <p>This activity would be especially useful for the beginning of the year in Grade 7/8, prior to in-school vaccination.</p>	<p><b>Materials</b></p> <p>A computer, laptop, Chromebook or tablet for each student.</p>
<p><b>Big Ideas</b></p> <p><b>Story branch A: Vaccine Anxiety:</b></p> <ul style="list-style-type: none"> <li>• It is a normal part of life to experience anxiety, and it is nothing to be ashamed or embarrassed about.</li> <li>• Using the CARD method—comfort, ask, distract, relax—before and during getting a vaccine will help to reduce vaccine-anxiety.</li> <li>• Knowing what to expect before, during and after getting a vaccine can help you prepare and stay calm.</li> </ul> <p><b>Story branch B: All about the school-administered vaccines:</b></p>	<p><b>Specific Expectations</b></p> <p><u><b>Science Curriculum</b></u></p> <p><b>Grades 4-8:</b></p> <p>A3.3 Analyse contributions to science and technology from various communities</p> <p><b>Grade 5:</b></p> <p>B1.2 Evaluate beneficial and harmful effects of various technologies on human health and body systems, while taking different perspectives into consideration.</p> <p>B2.1 Identify systems of the human body, and describe their basic function</p>

- Learn what vaccines they will get in school based on what province or territory they are in.
- Vaccines are safe and effective because they are highly regulated and monitored.
- Vaccines contain materials that will help you avoid serious illness.

**Story branch C: How vaccines help your immune system:**

- Your immune system has many different types of cells protecting you
- The adaptive immune system builds memory of previous infections, which will help your body fight the infection very quickly if the same germ tries to infect you again.
- Vaccines trigger an immune response, allowing your immune system to practice and build up immunity to a germ without having to get infected first.

**Story branch D: Why vaccines are important:**

- Vaccines protect those who get the vaccine and the people around them
- Vaccines are important even if you are young and healthy
- Vaccines protect us against many diseases that caused a lot of hardship and death in the past
- Vaccines help us to make the diseases they protect against very rare.
- Getting vaccinated is one of the safest and most effective ways to protect you and those around you from vaccine-preventable diseases.

B2.4 Identify various diseases and medical disorders in humans and the organs and/or body system or systems that they affect

**Grade 8:**

B1.2 Analyse beneficial and harmful effects of developments in cell biology and associated emerging technologies on human health and the environment, while taking different perspectives into consideration

B2.6 Describe the organization of cells into tissues, organs, and systems

**Language Curriculum**

**Grades 4-6 Reading**

1.1 Read a variety of texts from diverse cultures, including literary texts (e.g., myths, plays, short stories, chapter books, letters, diaries, poetry), graphic texts (e.g., graphic novels, diagrams, brochures, graphs and graphic organizers, charts and tables, maps), and informational texts and informational texts (e.g., textbooks, non-fiction books on a range of topics, print and online newspaper and magazine articles or reviews, print and online encyclopedias and atlases, electronic texts such as e-mails or zines)

1.6 Extend understanding of texts by connecting the ideas in them to their own knowledge, experience, and insights, to other familiar texts, and to the world around them

**Grades 7-8 Reading**

1.1 Read a wide variety of increasingly complex or difficult texts from diverse cultures, including literary texts (e.g., short stories,

	<p>poetry, novels, mysteries, historical fiction, autobiographies, scripts, lyrics), graphic texts (e.g., graphs and graphic organizers, charts and tables, diagrams, surveys, maps), and informational texts (e.g., print and online encyclopedias, manuals, and magazine and newspaper articles; magazines in their first languages, where appropriate; electronic texts, textbooks, and non-fiction materials; a variety of dictionaries, thesauri, and websites)</p> <p>1.6 Extend understanding of texts, including increasingly complex or difficult texts, by connecting the ideas in them to their own knowledge, experience, and insights, to other familiar texts, and to the world around them</p> <p><b><u>Health and Physical Education Curriculum</u></b></p> <p><b>Grades 4-8</b></p> <p>A1.1 Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others.</p> <p>A1.2 Apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience</p>
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## Introduction

Vaccination day in school can be a source of anxiety for many children. Children have many questions about vaccines, including which ones they need to get, what vaccines are, how they work and why they are important.

Use this story to allow students to explore their questions about vaccines.

See the accompanying document that breaks down the information contained within the Give Vaccines A Shot! Story. It lists the background information in each story branch so you can follow along with students or reference the material outside of the slick-through story.

## Action

1. Set students up with a laptop, Chromebook or tablet to interact with the Give Vaccines a Shot choose your own adventure story.
2. Inform students that they will be getting vaccinations in school, and that it is normal to have questions or be anxious.
3. Let them know this story is for them to explore the different questions or concerns that they have about vaccines.
4. Give students time to work through the story. Approximately half an hour should be sufficient for most students.
5. Finish the activity with a class discussion or writing prompt to allow students to reflect on the activity.

## Consolidation/Extension

If you wish to take this activity further, some children may benefit from a class discussion after having a chance to click through the story. They can share what they learned and how that might impact their health choices in the future.

Furthermore, having students write a reflection about what they learned and how that might impact their future health choices is also a good option.

This activity would also be a good opportunity to discuss how others' experiences with getting vaccinations may differ from our own (needle fear, access to vaccines, access to information, social determinants of health, etc.)



<p><b>Accommodations/Modifications</b></p> <p>It is possible to do click through the story as a class as opposed to having students click through individually. This will help to facilitate class discussion.</p> <p>Additionally, if you have issues with internet connection. You can download the file and run it offline. It can be shared with students via a USB flash drive.</p>	<p><b>Assessment</b></p> <p>This activity is designed to give students agency to address their questions and concerns about getting vaccines at school. There is no assessment associated with this activity. However, students could be encouraged to share the “badges” they collect throughout their story exploration.</p>
<p><b>Additional Resources</b></p> <p>CARD resources for educators <a href="https://www.aboutkidshealth.ca/card?topic=cardschool">https://www.aboutkidshealth.ca/card?topic=cardschool</a></p> <p>A lesson for helping students understand and identify anxiety. <a href="https://kidsboostimmunity.com/articles/students-anxious-about-getting-vaccines-help-here-p6-s1">https://kidsboostimmunity.com/articles/students-anxious-about-getting-vaccines-help-here-p6-s1</a></p> <p>More about CARD for reducing anxiety in youth <a href="https://immunize.ca/card-kids-and-adolescents">https://immunize.ca/card-kids-and-adolescents</a></p> <p>Vaccine safety, side effects and making sure vaccines are safe in Canada <a href="https://www.canada.ca/en/public-health/services/vaccination-children/safety-concerns-side-effects.html">https://www.canada.ca/en/public-health/services/vaccination-children/safety-concerns-side-effects.html</a></p> <p>How vaccines are made <a href="https://www.chop.edu/centers-programs/vaccine-education-center/making-vaccines/how-are-vaccines-made">https://www.chop.edu/centers-programs/vaccine-education-center/making-vaccines/how-are-vaccines-made</a></p> <p>Overview of school-based immunization programs in Canada <a href="https://canvax.ca/brief/overview-canadian-school-based-immunization-programs">https://canvax.ca/brief/overview-canadian-school-based-immunization-programs</a></p> <p>How the body fights off a viral attack <a href="https://askabiologist.asu.edu/viral-attack">https://askabiologist.asu.edu/viral-attack</a></p> <p>How vaccines work <a href="https://immunizebc.ca/how-do-vaccines-work">https://immunizebc.ca/how-do-vaccines-work</a></p> <p>The history of vaccines <a href="https://youtu.be/JGNVCVdIX8Q">https://youtu.be/JGNVCVdIX8Q</a></p>	