Vaccines 101 for Elementary Students
LESSON PLAN

Purpose

Help elementary students learn basic information about vaccines using a story and worksheet.

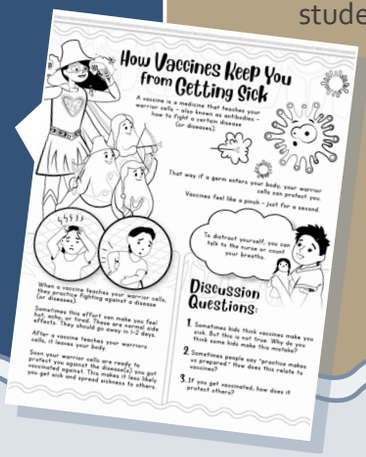
Students will:

- Learn about the importance of vaccines and handwashing.
- Apply their understanding by discussing concepts learned, doing a coloring activity, and write down questions they have for their doctor.
- Receive a coloring book to take home that reinforces the lesson.

Outline	Activity	Teaching Method	Time (50min)
Welcome	• Welcome	Lecture	5 minutes
Introduce Concepts	• Discuss lesson	Lecture	5 minutes
Coloring Book Story	• Read story • Group discussion	Large Group Activity	20 minutes
Worksheet	• Coloring activity • Group discussion	Individual Activity Large Group Activity	15 minutes
Closing	• Large Group Discussion • Final Reflection	Large Group Reflection	5 minutes

Materials

- "Ben the Bunny's Big Adventure" coloring book for each student
- "How Vaccines Keep You from Getting Sick" worksheet for each student



Preparation:

- Read "Ben the Bunny's Big Adventure" coloring book
- Preview materials to determine fit for your students and goals
- Print copies of "How Vaccines Keep You from Getting Sick" worksheet
- Print/obtain copies of the coloring book
- Ask a vaccine expert (like a nurse, vaccine coordinator, or other health professional) to join the lesson

Welcome (5 minutes)

- Welcome students, introduce yourself, introduce the vaccine expert (if applicable), and direct students where to sit.

Introduce Concepts (5 minutes)

- Let students know that they are going to learn about vaccines today. Ask students: "What do you know about vaccines? Please raise your hand."
- Ask students to share what they know about vaccines.
- Say "We can all gain a lot from learning more about vaccines. To do this, we are going to read a story called "Ben the Bunny's Big Adventure." Then, we are going to do a worksheet."

Coloring Book (20 minutes)

- Distribute "Ben the Bunny's Big Adventure" coloring book to students.
- Read the story contained in the coloring book with students. If appropriate for your group, ask students to take turns reading the story out loud.
- When you have finished reading, ask the students:

1. What did you think of the story?
2. Puppers and Big Dog made Ben feel worried, but Porky said he barely noticed the poke. Sometimes vaccines feel like a pinch – just for a second. What can kids do to distract themselves?

   They can talk to the nurse/parent, count their breaths, think about something else.
3. Ben washed his paws and Ducky and his family washed their wings before eating lunch. Why do you think it's important to wash your hands before eating?

   To not get sick or make others sick.
4. Ben told his mom he learned that everyone - whether they are big or small - can be brave and help the community. What are some ways we can help ourselves and the community stay healthy?

   By washing our hands and getting vaccines.
5. If you have any questions about vaccines who are good people you can ask?

   Doctors, nurses, teachers, trusted adults.

Worksheet (10 minutes)

- Distribute and discuss the "How Vaccines Keep You from Getting Sick" worksheet.
- Read the text contained in the worksheet with students. If appropriate for your group, ask students to take turns reading the text out loud.
- Provide students with crayons, so they can color in the images.
- While students are coloring ask them to discuss the worksheet questions. If appropriate for your group, ask students to take turns reading the text out loud or read the questions to the class.
- After a few minutes, ask these discussion questions:

1. Sometimes kids think vaccines make you sick. But this is not true. Why do you think some kids make this mistake?

   Sometimes kids mistake normal vaccine side effects for "getting sick." When vaccines teach your warrior cells how to fight against a certain disease (or diseases), the effort can make you feel hot, achy, or tired. These are normal side effects. They should go away in 1-2 days.

2. Sometimes people say "practice makes us prepared." How does this relate to vaccines?

   Vaccines teach our warrior cells how to fight against a certain disease (or diseases). This practice helps our bodies be prepared to protect us if we ever come across a certain disease (or diseases) in the future.

3. If you get vaccinated, how does it protect others?

   Vaccines make it less likely you get sick and spread sickness to others. This protects everyone in the community – including people that might be more vulnerable to getting very sick, like Elders, babies too young to get vaccinated, and people with certain medical conditions.

4. Do you have any questions about what we've talked about today?

   (It may be useful to have a vaccine expert available to answer students' individual questions. However, if this is not possible, and students ask questions you don't know the answer to, let them know you will ask a health professional at the clinic and share the information you learn).

5. Do you have any remaining questions about vaccines and your health? Write your questions down on the side of your worksheet called "Questions for My Doctor." Bring this paper to your next appointment. Use this to ask your doctor your questions.

Closing Large Group Discussion (5 minutes)

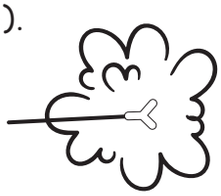
- Say, "Remember, if you or someone you know has questions about vaccines, there are people who can help." Reiterate the people students listed earlier who can help answer vaccine questions.
- Say, "You can also help by teaching other people what we learned today."
- If time allows, close with a story or tradition that highlights the concept of being a good relative and helping others.

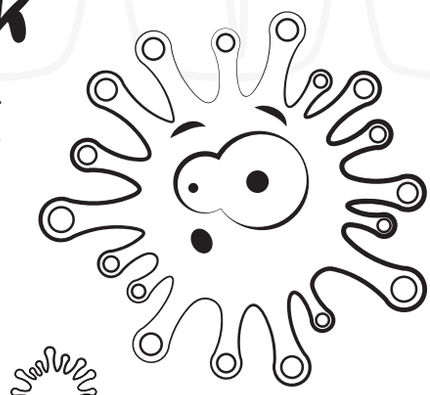
NPAIHB

NATIVE BOOST
NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

How Vaccines Keep You from Getting Sick

A vaccine is a medicine that teaches your warrior cells – also known as antibodies – how to fight a certain disease (or diseases).





That way if a germ enters your body, your warrior cells can protect you.

Vaccines feel like a pinch – just for a second.

When a vaccine teaches your warrior cells, they practice fighting against a disease (or diseases).

Sometimes this effort can make you feel hot, achy, or tired. These are normal side effects. They should go away in 1-2 days.

After a vaccine teaches your warriors cells, it leaves your body.

Soon your warrior cells are ready to protect you against the disease(s) you got vaccinated against. This makes it less likely you get sick and spread sickness to others.

Discussion Questions:

1. Sometimes kids think vaccines make you sick. But this is not true. Why do you think some kids make this mistake?
2. Sometimes people say "practice makes us prepared." How does this relate to vaccines?
3. If you get vaccinated, how does it protect others?

Questions for My Doctor

1.

2.

3.

4.

5.

Learn More

If you want to learn more about vaccines visit Native Boost's website. Elders, doctors, and other trusted adults fact check our materials.
IndianCountryECHO.org/Native-Boost

NPAIHB

NATIVE BOOST
NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD