



# Vaccines

## Objectives:

- To explain in simple terms how a vaccine works (by helping our body recognise the germ it needs to fight)

## Curriculum Links:

- Communication & Language:** They develop their own narratives and explanations by connecting ideas or events
- Physical Development:** talk about ways to keep healthy and safe.

## Key Vocabulary:

- vaccine
- immune system
- germs

## Resources:

- PowerPoint
- A selection of objects to find
- A long piece of card to make a vaccine headband

## FAQs:

### What is a vaccine made of?

The main ingredient of a vaccine will be a very small amount of the killed, greatly weakened or broken-down parts of the germ (bacterium or virus) you are vaccinating against. Other ingredients are added to keep the vaccine stable while it is stored.

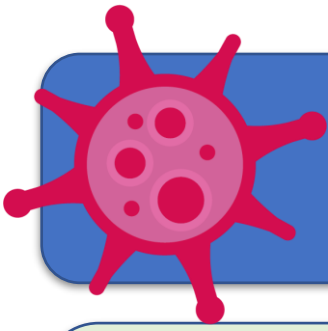
### Can everyone have a vaccine?

Most vaccines are suitable for everyone. Some vaccines may not be developed for use in children or be suitable for people who have a health condition or treatment that impairs the function of their immune system. If a person is poorly or has a fever, then their vaccination may be postponed until they are better.

### What is a booster vaccine?

For some vaccines a further round of exposure to the vaccine is required to increase (or 'boost') immunity against the disease. Immunity against some diseases can fade over time and it is important to keep up to date with booster vaccines to ensure as good protection as possible.

One example of routine childhood vaccinations is MMR vaccine. The first dose is given at the age of **12 months** and the second dose is given at around three years and four months, before starting school. Having both doses gives long lasting protection against measles, mumps and rubella.



Year R

# Vaccines



## Introduction:

5 mins



Ask the children if they know why we have vaccines? What do they know about vaccines? They may recall having preschool booster vaccines or flu nasal spray vaccine.

Watch COVID-19 Warrior video introduction.

## Main Activity:

20 mins



Play "Cold, cold, hot" game

- Have a selection of objects to represent germs (*or use printed out pictures of germs, attached*).
- Hide one object/germ so a child who is chosen to find it cannot see it. Child has a go at trying to find this object without any help.
- Time how long it takes to find the object.
- Now hide this object again, but this time choose another child to wear a Vaccine headband/hat (this can also be done as whole class activity, with every child making a headband, so they would all join in with helping to guide the 'Finder'). Child(ren) wearing 'Vaccine' headband will say hot/warm/cold/warmer etc. to help the 'Finder' find the germ.

## Plenary:

5 mins



Ask the children which was easier - to find the germ without the vaccine or with the help of vaccine? Why? What did the vaccine do?  
*(vaccines make it easier for our body to detect (find) a certain germ that entered our body and know to fight it to get it out of our body, helping our bodies to stay healthy).*

Use vocabulary – vaccine, detect/find, germ.



## Possible Extension Activities:

- Set up a lab – selection of pots, pipettes, paint – to create vaccines

Germs for 'Hot, Hot, Cold' game (print and cut out individual germs)

