

# Activity 2: Ways to Protect Ourselves and Others from Infections

## Activity

**Resource:** Vaccination Talks Toolkit

**Grade(s):** 1 2 3

**Division(s):** Primary

## What is it all about?

- Part A: Students view an image of a public health centre to explore personal choices individuals can make to stay healthy, as well as safe practices to prevent the spread of infections to keep themselves and others safe.
- Part B: Students engage in discussion about vaccinations as one way to stay healthy. Discussion may include making choices about vaccinations, making connections to their emotions, and thinking about questions they have about vaccinations.

## What is needed?

**Image of a public health centre**

## How is it done?

Use the following instructions to facilitate the *Ways to Protect Ourselves and Others from Infections* activity to engage students in learning about germ transmission and ways to avoid contracting or spreading germs to others, including accessing a public health centre for care.

## Part A

- Share the image of a public health centre with students as a provocation to activate their thinking about practices they/their family might follow to keep themselves healthy.
- Use a “**See, Think, Wonder**” strategy and the teacher prompts to help students identify practices to prevent the spread of infections to keep themselves and others safe.

### Teacher Prompts:

- What do you see in this picture?
- What do you think about what you see in this picture?
- What does it make you wonder?
- What questions do you have about this picture?
- When might you go to a place like this one?
- Who might also go with you?
- Why would you go to this place?

## Part B

Use the following teacher prompts and sample student responses (in parentheses) to facilitate a discussion about vaccinations as one way to stay healthy. Discussion may include making choices about vaccinations, making connections to their emotions, and thinking about questions they have about vaccinations.

### Teacher Prompts:

- Sometimes we get needles when we go to the doctor. How do they help us stay healthy? (Sample responses: We don't get sick even if we contract a germ; They protect us from getting a disease from a virus that is like a germ.)
- Sometimes getting a needle is called “being vaccinated.” How are vaccinations one way someone can protect themselves from viruses? (Sample responses: They help our body fight off a virus; They protect us from getting sick if we are around a virus.)
- Why might someone choose to get a vaccination? (Sample responses: They know that it is one way they can protect themselves from getting sick; It helps stop the spread of germs to people who might

get sick; They are not afraid.)

- Why might someone not get a vaccination? (Sample responses: They might be afraid; There isn't anywhere they can get one near them; They might be allergic to it; They don't want to put anything into their body.)
- Some of our friends and family choose to get vaccinated and some do not. How can we show respect for those who feel differently about vaccinations than we do? (Reference *Student Resource: Talking Tips for Engaging in Respectful Discussions* poster to support student responses.)
- Consider having students engage in role play to consolidate their understanding of ways to protect themselves from germs, prevent the spread of infections, keep themselves and others safe, and engage in respectful discussions. (Reference *Activity 3 – Role Play 1: What a Respectful Discussion Looks and Sounds Like*.)