

# Activity 3: Taking Care of Mental and Physical Health, Vaccinations, and Personal Decision Making

## *Activity*

**Resource:** Vaccination Talks Toolkit

**Grade(s):** 4 5 6

**Division(s):** Junior

## What is it all about?

After engaging in a facilitated discussion about choices individuals can make to care for their mental and physical health, students engage in role play. This will demonstrate their understanding of how to take care of their mental and physical health and/or how vaccinations are one factor that can positively contribute to their personal health and well-being.

## What is needed?

**Student Resource: Role Play Cards (PDF)**

## How is it done?

Use Activity 2: *Vaccinations and Personal Health Discussion Cards*, Student Resource: *Talking Tips for Engaging in Respectful Discussions*, and these instructions to engage students in role play. This will demonstrate their understanding of how to care for their mental and physical health and how vaccinations are one factor that can positively contribute to an individual's personal health and well-being. Students also have the opportunity to practise tips for engaging in respectful discussions on topics with diverse viewpoints.

- Engage students in a large group discussion to generate ideas about regular choices to care for one's mental and physical health (e.g., showering regularly, looking after teeth and gums, being responsible for folding and putting clothes away, going outside for time with friends and physical activity, getting enough sleep). Have students recall what they know about vaccinations as one choice individuals can make to care for their mental and physical health.
- Post the *Talking Tips for Engaging in Respectful Discussions* poster and review with students. Review the scenarios and explain any unfamiliar terms (e.g., immune compromised).
- Have students work in small groups with their selected or assigned scenario. They will create a role play that reflects their understanding of how to care for their mental and physical health and how vaccinations are one factor that can positively contribute to an individual's personal health and well-being. During the activity, they will engage in a respectful discussion about vaccinations.
- Post these five questions in the learning space:
  - What is the problem?
  - What are possible responses to the problem?
  - What are some of the feelings the different characters might experience?
  - What is each character's perspective?
  - Who can help the main character(s) in your scenario?
- Have groups read their scenario and then discuss and record their answers to the questions.
- Group members determine their role in the scenario (e.g., friend, parent, trusted adult, health care provider), and using their responses to the questions, generate various ways to approach the situation. Groups choose to either write a script or role-play their scenario. Have groups share their script/role play with another group or with the larger group.
- Use the scripts/role plays to facilitate a discussion to consolidate students' understanding of how a person's actions can affect other people's feelings and mental and physical health, as well as emotional well-being. Discussion can also include how students can care for their mental and physical health and how vaccinations are one factor that can positively contribute to an individual's personal health and well-being. Consider reinforcing that there are a number of choices individuals can make to

care for their mental and physical health and avoid disease and infection transmission. These choices are informed by many factors, which are different for everyone. Individuals might have different points of view about vaccines and different emotional reactions. It is important for everyone to have the opportunity to talk about how they are feeling and voice what they think is important to consider before making a decision about one's health. It is necessary to be empathetic and to listen and respect diverse points of view while respectfully communicating one's personal perspective and decision with confidence.