My Vaccine Appointment Gameplan

It is always good to have a plan. Fill out this gameplan so I am prepared and confident for my COVID vaccination appointment!

1. How do I feel about getting the COVID vaccine?
   a. Happy
   b. Excited
   c. OK
   d. Nervous

2. If I have questions about my appointment, I can ask:
   a. Parent
   b. Friend
   c. Case Manager
   d. Other: ________________________________

3. If I am feeling nervous or upset, I can calm down by:
   a. Taking 10 deep breaths
   b. Squeezing my hands like I am making lemonade
   c. Counting to 100
   d. Other: ________________________________

4. Some things that will help me stay calm when I go to get my vaccine are:
   a. Wearing my headphones
   b. Watching a video on my phone
   c. Playing a game on my phone
   d. Squeezing a fidget
   e. Other: ________________________________

5. After I get my vaccine, I think I will feel:
   a. Happy
   b. Excited
   c. OK
   d. Nervous
   e. Upset