

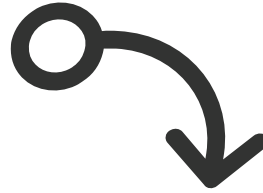


My Vaccine Appointment Gameplan

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



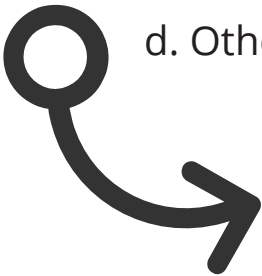
2. If I have questions about my appointment, I can ask:

- 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 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

