

Unit: The Flu Shot

Objective

Ps will identify what the flu (influenza) is, what the flu shot is, and why it might be beneficial to get the flu shot each year

Materials

- Large flashcard - What is the Flu?
- Large flashcard - The Flu Shot
- Large flashcards of places to get the flu shot (words and pictures)
- Relia – a calendar (volunteer facilitator must provide)

Step 1 Warm Up (5 minutes)

The Flu:

- Say “*The flu*”. Ask the class what is the flu? Do they know?
- Say “*The flu shot*”. Ask the class what is the flu shot? Do they know?
- Tell them today we will learn about the flu shot

Step 2 Work out (20 minutes)

What is the flu?

- Write the words *the flu* on the board and ask the Ps to repeat it after you.
- Hold up the **large flashcard - what is the flu?** and say “the flu” and point to each picture.
- Go back to each picture and name it – a cough and runny nose, a sore throat, a fever, very tired, aching muscles and chills.
- Act out each of these symptoms as you name them.
- Point to the **large flashcard** again and say “the flu”.
- Tell them the flu can be dangerous, say “no good” and “dangerous.”
- Hold up the **Large Flashcard Flu Shot** and say “flu shot”. Act out getting a needle in your arm.
- Explain flu shot means no flu – hold up the **large flashcard what is the flu?** and say

“no flu” and point back to **large flashcard - what is the flu?** (the flu shot does not guarantee complete immunity from the flu but at this level that is too hard to explain.)

- Ask them where can they get the flu shot – do they know?
- Hold up **pictures of places to get the flu shot** – doctor’s office, a clinic, pharmacy, a flu clinic. (you can use the matching word flashcards if you choose)
- Tell them to get the flu shot in the fall, ideally by October. Hold up a **calendar** and show them the month of October in the calendar.
- Explain they need to get the flu shot every year. You can write some years on the board, 2012, 2013, 2014, 2015 etc and explain we should get the flu shot every year.

Step 3 Cool Down (5 minutes)

Check their progress:

- Ask what is the flu? Have them try to tell you or demonstrate – fever, cough etc.
- Ask them what can they do to NOT get the flu – do they say flu shot? Use the large flashcards to help them.