

IDEAS TO HELP ME RELAX

- Practise 5 finger breathing.
- Hold someone's hand or have a hug.
- Slowly count to 10.
- Listen to music. Which song? _____
- Talk about something I like with my special person.



TAMARIKI TIME

COVID-19 IMMUNISATION PROGRAMME

MY TAMARIKI TIME PLAN

My name is:

I am _____ years old and I am going to get vaccinated to protect me from COVID 19.

I'm getting vaccinated at:

The special person who's taking me is:

I'm going to bring:

I'm going to wear: (something with short sleeves is good)

I would like to:

- Sit on a chair by myself
- Sit on _____'s lap

I want to be vaccinated in my:

- Right arm
- Left arm

When I'm getting vaccinated I want to look at:

- My special person
- My toys
- The injection
- Something else to distract me

I'm going to celebrate by:



WHAT I CAN EXPECT

When I arrive, I'll be:

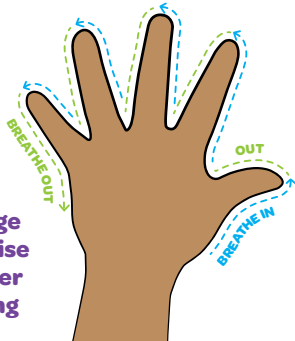
Met by a friendly health worker and asked a few questions like my name and age.



Taken to where vaccinations happen. I can bring my books, toys, or other things with me.



I'll wait my turn. Maybe I'll play with my things. Maybe I can practise five finger breathing.



See the back page to practise five finger breathing

→ It's time for the vaccination:

I'll be asked a few more questions before I'm given my vaccination. My special person can help me with the answers.



First, I stay still like a statue, take a big breath, and try to make my arm soft and relaxed.



Then, the health worker will give me the vaccine as quickly and gently as they can. They'll hold the top of my arm, give me the injection, and put a plaster over the spot when they're done.



Next, my special person and I will wait for 15 minutes to check that everything is all OK.



→ After:

I can talk to my special person about how it went. How did it go? What went well? Is there anything I would do differently next time?