



Getting a shot

What happens when you get a shot. Point to each picture as it happens.

1



wait

2



sit down

3



sleeve up

4



cold wipe

5



1, 2, 3

6



the shot

7



bandage

8



I did it!



My shot plan

Choose together before the visit: tick one picture in each row. Show the plan to the nurse.

Where I sit



in a chair



on a lap



lying down

my idea

Where I look



at my arm



at my grown-up



at my tablet

away

What I hold



a hand



squeeze ball



my teddy



fidget toy

What I do



deep breaths



count



sing



music

After



sticker



hug



playground



treat

Tell the nurse



wait, please

tell me first



scared



ouch



I'm ready



all done