



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
---	---	---	--	--	---