

NAME: DATE:



DESTINATION VACCINATION ACTIVITY GUIDE

LISTEN:

<https://tinkercast.com/podcasts/destination-vaccination-2/>

I'm sure you've heard the news that kids over 5 can now get the COVID vaccine. Yahoo!!! We're hoping this episode answered many of your questions about the who, what, when, whys and wows of vaccines. We also want you to know that we think it's bonkerballs brave of you to get it, so we whipped up this certified and printable [Certificate of Bravery](#) just for you, our beloved Wowzers! Print it out and post with pride!

ACTIVITY: BALLOON BREATHS

Did you know that mindful breathing is a wonderful way to calm your nerves? The basic idea is to make yourself very, very aware of your breathing and then use it to calm yourself down anytime you need to. Here's wow...

WOW-TO:

Step 1: Start by taking a slow, thoughtful breath in through the nose, imagining that there is a balloon inside your stomach.

Step 2: Pretend that you are inflating that balloon as you breathe in and deflating the balloon as you breathe out.

Step 3: Try to hold each breath inside for a few seconds before exhaling the breath slowly through the mouth.

Step 4: Repeat several times.

NAME: DATE:

GAME: TAKE A BRAIN BREAK

For those of you Wowzers getting the vaccine soon, we have a feeling it may involve some waiting. Waiting can be hard! So, we've rounded up our top five, fave waiting games of all times, guaranteed to keep you perfectly and pleasantly distracted while you wait. Pro-Tip: Keep these play-anywhere games in your virtual back pocket for anytime you need them!

Two Whats and a WOW!

Truly a Wow in the World Classic!!! You know the drill. Take turns (with whomever you're waiting with) making three statements. Two of which are true and one which is not. Try to guess which one is the lie.

Guess what's in my bag

List as many items as you can think of that might be inside your mom or dad or grandma or babysitter's bag. Can they guess what's in your backpack?

How many can you name?

Choose a category. You then give the person you are playing with 10 seconds to name as many things in that category as possible. Make your categories general ("animals") for young kids, and more specific ("animals with no teeth") for older kids.

Make me laugh!

Without touching the other person, make them laugh. Optional: make it a silent game.

Thumb war

Another classic. Who can resist the challenge of a thumb war???

WOWING ME NOW:

While listening to this [episode](#), what made you say, "Wow!"?
Was it the idea that vaccines are like instructions for your body on how to make the right antibodies that will help you to fight off the COVID virus? Thank you, science!!!
Was it something else? Draw a picture of what is wowing you now.

NAME: DATE:

DESTINATION VACCINATION BOOKLIST

What questions came up for you while listening to this [episode](#)? Let your curiosity lead you to a local library or bookstore to explore these titles on vaccines.

[Dr. Fauci: How a Boy From Brooklyn Became America's Doctor](#), by Kate Messner and Alexandra Bye (4-8). A picture book biography emphasizing Dr. Fauci's lifelong curiosity as an influence in his long medical career. Nonfiction.

[The Polio Pioneer: Dr. Jonas Salk and the Polio Vaccine](#), by Linda Elovitz Marshall and Lisa Anchin (4-8). Decades before COVID-19 the polio pandemic caused children to stay home as the illness surged. Salk also developed the first flu vaccine! Nonfiction.

[June Almeida, Virus Detective: The Woman Who Discovered the First Coronavirus](#), by Suzanne Slade and Elisa Paganelli (6-9). A picture book biography of a committed scientist whose skill with an electron microscope led to her discovery of coronaviruses. Nonfiction.

[Science and Me: Inspired by the Discoveries of Nobel Prize Laureates in Physics, Chemistry and Medicine](#), by Ali Winter and Mickael El Fathi (7-10). STEM trailblazers are celebrated with dynamic illustrations in this collective biography which includes Françoise Barré-Sinoussi, a French virologist who won a Nobel Prize for her major contributions to HIV/AIDS research. Nonfiction.

[Tu YouYou's Discovery: Finding a Cure for Malaria](#), by Songju Ma Daemicke and Lin (7-10). Building on her own experience with natural medicine Tu Youyou discovered a cure for malaria still in use worldwide. Nonfiction.

[A Shot in the Arm! \(Big Ideas that Changed the World\)](#), by Don Brown (8+). A graphic novel history of vaccines -- including COVID-19 -- and the struggle to protect people from infectious diseases. Nonfiction.

[Fred & Marjorie: A Doctor, a Dog, and the Discovery of Insulin](#), by Deborah Kerbel and Angela Poon (8+). A graphic novel biography of the Canadian doctor whose research on dogs, including a beloved mutt named Marjorie, led to the discovery of insulin and saved millions of children's' lives. Nonfiction.

If you need more on COVID-19, specifically:

[What Is the Coronavirus Disease COVID-19?](#), by Michael Burgan (6-10). An illustrated introduction to the spread, symptoms, and impact of COVID-19. Nonfiction.