



***Beat the bugs* Early Primary Lesson Plan**

Lesson Plan: How Vaccines Keep Us Healthy

Grade Level: Foundation – Year 2

Duration: 30–40 minutes

Subject: Science / Health & Physical Education (HPE)

Lesson Objectives

By the end of the lesson, students will be able to:

1. Understand that germs can make us sick.
 2. Learn that vaccines help protect our bodies from germs.
 3. Identify simple ways to stay healthy, like handwashing and vaccinations.
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Materials Needed

- *Beat the Bugs* by Sarah Brazier (if available)
 - A toy or plush "germ" (or draw a germ on the board)
 - A spray bottle with water (to represent sneezing)
 - Picture cards of doctors, medicine, and healthy habits
 - Handwashing supplies (soap, water, and paper towels)
 - Stickers or a small reward for participation
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Lesson Structure

1. Introduction (5–10 minutes) – “What Are Germs?”

Discussion Questions:

- Have you ever had a cold or been sick?
- What do you think made you sick?
- How do we stop germs from spreading?

Demonstration:

1. Germ Spread Activity:

- Lightly spray water into the air (pretend sneezing). Ask, *What do you think just happened? Where did the “germs” go?*
- Explain that germs travel when we cough or sneeze, but we can stop them by covering our mouths and washing our hands.

2. Introduce the Concept of Vaccines:

- Show a toy/plush "germ" and explain, *This is a pretend germ! Vaccines help our bodies recognize and fight germs so we don't get sick!*
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2. Storytime (10 minutes) – *Beat the Bugs*

- Read or summarize *Beat the Bugs* by Sarah Brazier (if available).
- Pause and ask simple questions:

- *Why did the kids get a vaccine?*
- *How did it help them stay strong?*
- *What can we do to keep ourselves and others healthy?*



3. Healthy Habits Game (10 minutes) – “Germ Fighters!”

Activity:

- Show pictures of different actions (washing hands, getting a vaccine, covering a sneeze, playing outside, eating healthy food).
- Ask students to **thumbs up** 👍 for healthy choices and **thumbs down** 👎 for unhealthy ones.
- Reinforce that **vaccines help us fight germs, just like eating healthy and washing hands!**

4. Wrap-Up & Reflection (5–10 minutes) – “Superhero Shield”

- Explain that vaccines are like **a superhero shield** for our bodies! They help us fight germs before we get sick.
- Ask: *What can we do to stay healthy?*
 - *Wash our hands!*
 - *Eat healthy food!*
 - *Cover our coughs!*
 - *Get our vaccines!*

Optional:

- Give each child a **"Germ Fighter" sticker** or let them draw their own **superhero shield** to represent their body's protection.

Assessment & Extension Activities

✓ **Drawing Activity** – Have students draw themselves as "Germ Fighters" with a shield (vaccines) and tools (soap, tissues, etc.).

✓ **Home Connection** – Ask students to talk to their families about a time they got a vaccine and how it helped them.

✓ **Classroom Chart** – Create a "Ways to Stay Healthy" poster together.

Curriculum Links (Australian Curriculum)

Foundation – Year 2 (Science & HPE)

✓ **ACSSU002:** Objects are made of materials that have observable properties. (*Germs are tiny things we can't always see!*)

✓ **ACPPS003:** Identify and describe emotional responses people may experience in different situations. (*Understanding why some kids might be nervous about vaccines.*) – See *Use your Noodle* by Sarah Brazier

✓ **ACPPS006:** Identify health symbols, medicines, and people who help us stay healthy. (*Doctors, nurses, and vaccines help us fight germs!*)

Final Thoughts

This lesson uses **storytelling, play, and interactive activities** to introduce young students to vaccines in a **non-scary** and engaging way.