

# Planning my COVID-19 vaccination

Before my appointment I can...

During my appointment I can...

After my appointment I can...



Shaping the future  
for Autism.

# How to use this worksheet

**Amaze has created this worksheet to help children prepare for their upcoming vaccination appointments.**

The goal of this worksheet is to help children plan and feel more prepared for their upcoming vaccination appointment. You can think of this as a child's toolbox of coping strategies for their upcoming appointment.

Children might like to draw pictures or write words in the boxes. Some examples of things that can go into the boxes are:

- hugging a parent/guardian
- holding someone's hand
- taking deep breaths
- bringing a comfort item
- listen to music
- playing a favourite game
- having something to look forward to post-appointment



## **Need additional support?**

Call our free, national autism helpline, Autism Connect, on [1300 308 699](tel:1300308699) or email us at [info@autismconnect.org.au](mailto:info@autismconnect.org.au)

Amaze has vaccination resources and information on our website that can help you get vaccinated.

There are also many options available to make the vaccination process easier. Consider attending a low-sensory vaccination clinic, using a social script to prepare or receiving a vaccine at home.

Visit [amaze.org.au/coronavirushub](https://amaze.org.au/coronavirushub) to download our COVID-19 vaccination resources and information about finding accessible vaccination clinics near you.