How to use this worksheet

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 or email us at [info@autismconnect.org.au](mailto:info@autismconnect.org.au)

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.

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

**Planning my COVID-19 vaccination**

Before my appointment I can...

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During my appointment I can...

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After my appointment I can...

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