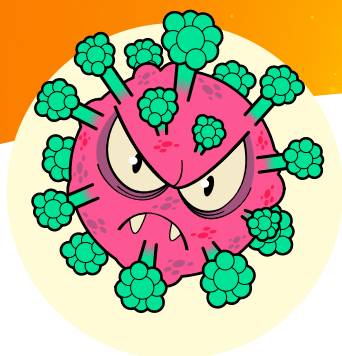


# SAMPLE LESSON PLAN – SARS-COV-2

## 10-12 YEARS



### FACT CARD SIDE B

#### INTRODUCTION

Play the vaccine introduction video OR explain the immune system:

- A. Explain that immune system attacks any harmful bugs that enter the body.
- B. One way we can protect ourselves is by helping our immune system stay strong – by eating well and getting enough sleep.
- C. Another way is through vaccination – which can help prevent us getting sick.
- D. When the vaccine is injected into the body our immune system makes lots of antibodies which are then ready to fight a disease if they “see” it again, but before it has a chance to make us sick.
- E. Sometimes our immune system needs a “reminder” and this is why some vaccinations require “booster” injections.

#### DEVELOPMENT

1. The doctor who discovered vaccinations was called Edward Jenner who discovered the first vaccine, for a disease called smallpox.
2. Vaccines are given via a small needle into the upper arm. The needle has a hollow centre and was invented by an Irish man!! (Irish Vaccine Heroes resource). We'll learn about him later in a comprehension exercise.
3. Discuss with the class their experiences of immunisations, which vaccinations they remember getting and when they got them.
4. Explain that diseases like polio and measles are now much less common due to vaccinations.
5. Remind students that sometimes “bugs” change which affects how our bodies recognise them (their “clothes”). This means that scientists may have to make a new vaccine e.g. like the flu vaccine that is developed every year.
6. Explain that although COVID-19 can make some of us very unwell, there are things we can do to prevent this happening. Encourage class discussion around what can be done to prevent COVID-19 transmission:
  - a. Handwashing
  - b. Social distancing
  - c. Masks
7. Show the group the “superbug” SARS-CoV-2 fact card.
  - a. Discuss the most common symptoms

#### ACTIVITY

1. Read the story of famous Irish doctor, Dr Francis Rynd (Irish Vaccines Heroes resource) and answer the comprehension questions.
2. Students could find out more about the following as part of a classroom/ homework project:
  - a. Other vaccine-preventable diseases
  - b. Other famous Irish doctors/scientists like, Dr Dorothy Stopford Price, Dr Kathleen Lynn, Dr Mike Ryan (WHO).

#### CONCLUSION

- A. What are vaccines? *They are dead or very weak versions of the “bug” that causes the disease.*
- B. What famous Irish inventor did we learn about today, where was he from and what did he invent? *Dr Francis Rynd, Co. Meath, the hollow needle.*
- C. What are some of the symptoms of COVID-19? *Fever, dry cough, tiredness.*

**BE YOUR OWN  
HERO**