

Empowering Students as Vaccination Messengers

Facilitators' Guide



Introduction to the Facilitators' Guide

Purpose and Approach

This guide is designed to support teachers in delivering comprehensive vaccination education in line with the students' handbook to Class 5 students. It provides structured lesson plans, interactive activities and assessment strategies that make complex health concepts accessible and engaging for 10–11 year old students.

Introductory Note:

1. This facilitators' guide should be used by teachers as a ready reckoner on how to introduce each theme of the students' handbook.
2. There are 6 themes in the facilitators' guide. Each theme has been designed and built upon the previous one. Therefore, a sequential pattern of teaching is recommended.
3. It is recommended that this facilitators' guide be referred to in order to bring uniformity to classroom discussions and ensure activity-based pedagogy.

Why Class 5?

Class 5 represents a crucial stage in Indian education where students:

- Have developed basic scientific literacy through their EVS (Environmental Studies) or Science curriculum
- Can understand health concepts that connect to their daily lives
- Often help care for younger siblings at home
- Can effectively communicate health messages in their local language
- Are becoming active participants in their community's health awareness
- Have typically completed their primary vaccination schedule and can relate to the topic
- Are at an age where they can influence family health practices positively
- Contribute as change agents in the community by becoming Vaccination Messengers

Learning Objectives

By the end of this programme, you will be able to guide students to:

1. Understand the concept of germs, diseases they cause, their mode of spread and how to stay healthy
2. Recognize the importance of complete vaccination
3. Identify different types of vaccines and the diseases they protect us from
4. Appreciate India's vaccination achievements
5. Become informed vaccination advocates in their communities

How to Use This Guide

- Each theme includes teaching strategies and time allocations
- Activities are designed to be interactive and age-appropriate
- Assessment ideas help track student understanding
- Sensitivity guidelines ensure appropriate handling of topics
- Supporting materials and resources are provided where needed



Theme 1: Tiny Troublemakers: The World of Microbes, Diseases and Staying Healthy



Opening Discussion (10 mins)

- Start by introducing the learning objectives and the mascots – Vax, Madam Shiksha, Divya, and Sooraj:
 - ◇ Use these characters to make the topic engaging, relatable and easy to understand
 - ◇ Encourage students to see Vax as their friendly guide throughout the lesson
 - ◇ Ask students to name some common diseases that they are familiar with
 - ◇ Ask their experiences of falling sick and what they believe might have caused their illness



2. Interactive Activities (10-15 mins)

- The Chalk Powder Microbes:
 - ◇ Demonstrate microbe spread using chalk powder on hands
 - ◇ Show how “microbes” transfer through handshakes and touching
 - ◇ Emphasize importance of handwashing after activity
- The Sneeze Zone:
 - ◇ Use wet hands/spray bottle to show droplet spread
 - ◇ Measure water droplet distance on paper
 - ◇ Compare spread with and without covering mouth
- Staying Healthy (Handwashing Steps):
 - ◇ Demonstrate each step clearly
 - ◇ Have students practice in pairs
 - ◇ Make it fun by creating a simple rhythm or song
 - ◇ Use visual aids from handbook to reinforce steps
 - ◇ Encourage students to teach family members



Core Content Delivery (30 mins)

1. Explaining Basic Concepts (10-15 mins)

- Break down complex terms into simple language
- Use examples from students’ daily life
- Draw simple diagrams if needed

Assessment Ideas

- Show diagrams or let student draw bacteria, virus diagram
- Focus on disease transmission and its prevention

Theme 2: Diseases on the Run: Immunity and Vaccines to the Rescue!



Opening Discussion (10 mins)

- Start with a quick review of Theme 1
- Ask students what they know about vaccines.
 - ◊ Use simple analogies like a “body’s shield” or “training for the body’s army” to explain how vaccines work
 - ◊ Validate students’ experiences with vaccination
- Ask students if they’ve heard any stories about diseases that were common in their grandparents’ time. Connect these past experiences to modern vaccination success

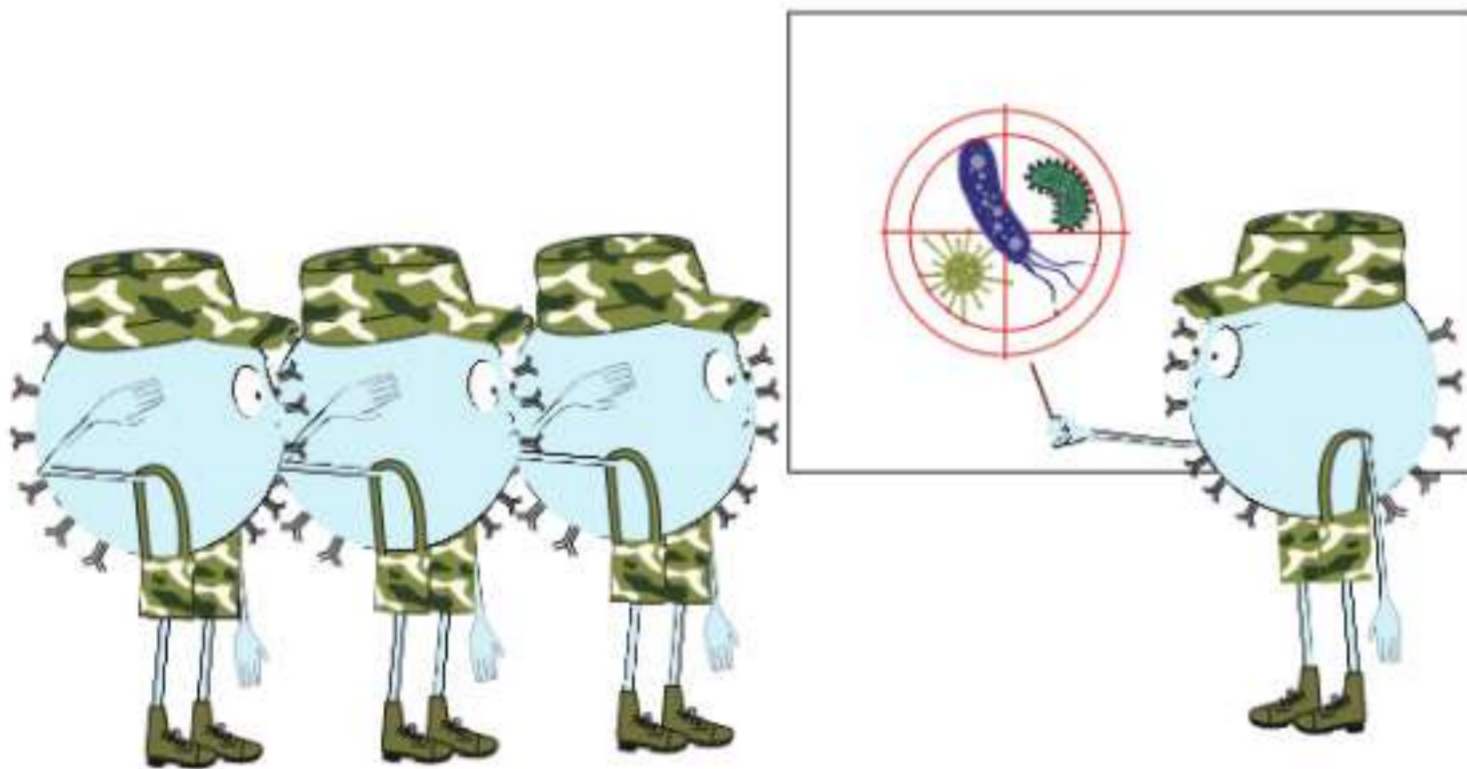


Core Content Delivery (30 mins)

1. Discuss in detail the body’s immune system and its ability to fight germs

2. Teaching the Immune System (10 mins)

- Use the “body’s army” metaphor



- Explain in three simple steps:
 - ◊ Recognition of germs
 - ◊ Fighting the germs
 - ◊ Remembering how to fight them

3. Edward Jenner’s Story (10 mins)

- Use the comic strip from handbook
- Make it interactive by asking students what they think happened next

- Highlight key points:
 - ◊ Observation led to discovery
 - ◊ Small pox was once a deadly disease
 - ◊ Vaccines helped eliminate smallpox



4. Introducing the VPDs (10 mins)

- Introduce VPDs one by one using table in handbook
- For each disease, explain in child-friendly terms:
 - ◊ What it does to the body (symptoms)
 - ◊ How it spreads (transmission)
 - ◊ Which vaccine protects against it
- Use simple examples:
 - ◊ For Tuberculosis: “Like a bad cough that doesn’t go away”
 - ◊ For Chicken Pox: “Itchy spots on skin”
 - ◊ For Measles: “Red rash and fever”
- Emphasize how vaccines train our body to remember and fight these specific diseases

Assessment Ideas

- Ask students to retell Jenner’s story in their own words
- Have them explain how vaccines work using the body’s army metaphor
- Create simple matching exercises connecting vaccines to diseases they prevent

Theme 3: Superheroes in Your Body: The Vaccine Adventure!



Opening Discussion (5 mins)

- Begin by asking students if they remember getting any vaccines
- Use simple questions like:
 - ◊ “Has anyone received vaccine drops in their mouth?”
 - ◊ “Who has received a vaccine shot?”
- Acknowledge any anxiety about shots while emphasizing their importance



Core Content Delivery (35 mins)

1. Types of Vaccines (5 mins)

- Introduce the two main types: oral and injectable
- Emphasize that both types are equally important
- Share the “Did You Know?” fact about new vaccine development

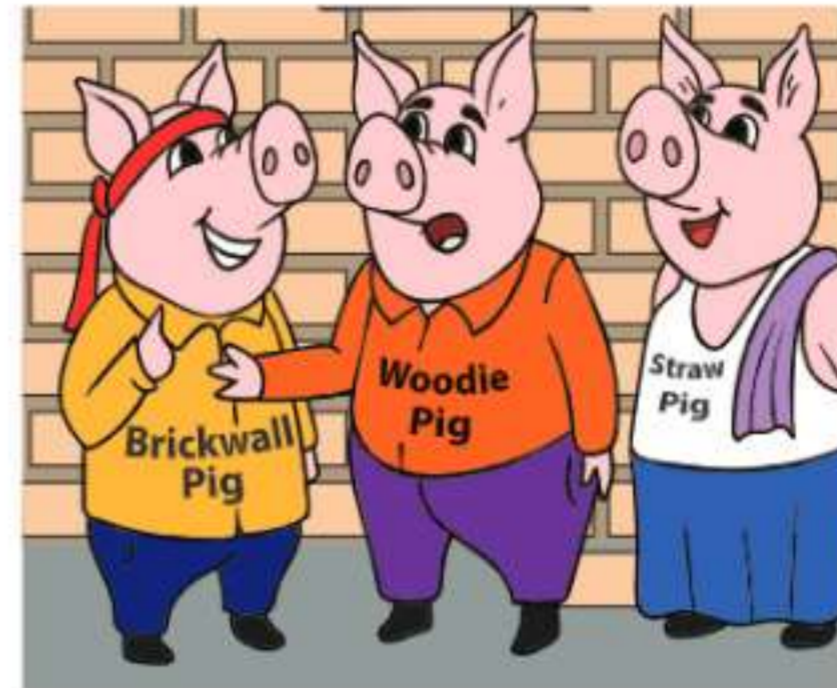
2. Important Concepts (10 mins)

- Use the analogy: “Vaccination is like giving your body a shield, immunization is when your body learns to use that shield”
- Discuss how long vaccine protection lasts
- Explain the importance of getting all recommended doses, particularly the concept of herd immunity. Refer to the visual to show how herd immunity protects the community

3. Story Discussion: Three Little Pigs (Immune Ghar) (10 mins)

- Read through the story with the class
- Involve students by assigning roles – three students can read the dialogues of the three pigs, while one student takes on the role of the narrator

- Ask questions during the story:
 - ◊ “Why did Straw Pig refuse to get vaccinated?”
 - ◊ “What happened to Woodie Pig who only got partial protection?”
 - ◊ “Why was Brickwall Pig’s family safe?”



4. The COVID-19 Story (10 mins)

- Begin with gentle acknowledgment of students’ experiences
- Use guiding questions:
 - ◊ “What changes did you notice during the pandemic?”
 - ◊ “How did people protect themselves?”
 - ◊ “What role did vaccines play?”
- Explain in simple terms:
 - ◊ How COVID-19 vaccines helped protect people
 - ◊ Why vaccines were important for the whole family
 - ◊ How vaccines worked together with other protections (masks, distancing)
- Focus on positive outcomes:
 - ◊ How communities came together
 - ◊ How scientists worked to create vaccines
 - ◊ How vaccination helped people return to normal activities

Assessment Ideas

- Use the Knowledge Check 1 quiz from handbook
- Have them draw and label the two types of vaccines
- Ask students whether they have received vaccines at any time in life and ask their experiences about it
- Group discussion about the importance of complete vaccination

Activities

1. Knowledge Check 1

- Use the quiz in handbook to assess understanding
- Make it interactive by having students discuss answers in pairs
- Review answers as a class

2. Students Knowledge Video

- Show the video to students to reinforce key concepts before or after the quiz

Theme 4: India's Shield of Health: Our Vaccination Victory



Opening Discussion (10 mins)

- Begin by asking students if they've seen their vaccination cards
- Encourage them to share what they know about vaccination records
- Use questions like:
 - ◊ "Has anyone seen a small book where doctors write after giving vaccines?"
 - ◊ "Do you know where your vaccination card is kept at home?"

2. The MCP Card (10 mins)

- Introduce the concept using the passport analogy
- Explain what information it contains: Vaccine records; Timing of vaccines; Protection status; Next vaccine due dates
- Show a sample MCP card if available



Core Content Delivery (30 mins)

1. India's Universal Immunization Programme (5 mins)

- Explain UIP using the umbrella metaphor from the handbook
- Highlight key features:
 - ◊ Free vaccines for all eligible children
 - ◊ Available at health centres and hospitals
 - ◊ Protection against 12 VPDs
 - ◊ Nationwide coverage



3. Vaccination Schedule and Locations (5 mins)

- Review where vaccines are available: Health centres; Government hospitals; Special camps; Vaccination drives
- Emphasize the importance of following the schedule

4. U-WIN and Digital Vaccination Certificate (10 mins)

- Introduce U-WIN as a digital health passport similar to the MCP card
- Inform students that the Government has now launched the U-WIN Citizen App, which allows parents to access complete vaccination records anytime anywhere, and locate nearby vaccination centres. This means that digitalization ensures updated records, enabling easier tracking of vaccine status and upcoming appointments

Assessment Ideas

- Have students explain what information is found in MCP cards
- Ask them to list places where vaccines are available
- Check understanding of the vaccination schedule through the Health Passport Chart activity

Activities

Health Passport Explorer (5 mins)

- Explain the activity's purpose and instructions
- Guide students through the sample chart in the handbook
- Give tips for completing it at home with parents
- Practice filling out a sample chart as a class
- Ask students to complete the chart at home and bring it for discussion in the next class

Additional Resources

- UIP information materials, if available
- Ask some students to show their actual filled MCP card / vaccination card and use it for discussion

Theme 5: Special Missions and Campaigns: Vaccines for Extraordinary Times



Opening Discussion (10 mins)

Begin with Health Passport Activity Discussion (5 mins)

- Ask 2-3 students to share their completed charts
- Discuss what they learned from family members

Continue with COVID-19 Memories (5 mins)

- “Do you remember when schools were closed?”
- “What changes did you notice in daily life?”
- “How did people protect themselves?”



Core Content Delivery (30 mins)

COVID-19 and Vaccine Response (10 mins)

1. Discuss how the virus spread:

- Through coughs and sneezes
- Standing too close while talking
- Touching shared surfaces



2. Explain how vaccines helped:

- Recognizing the coronavirus
- Fighting it quickly
- Preventing severe disease
- Protecting family and friends

Vaccines Used in Special Situations (10 mins)

1. Vaccination Campaigns:

- Polio success story
- Measles-Rubella elimination campaign

2. Expected Newer Vaccines in UIP:

- HPV
- Typhoid

3. Special Situation Vaccines:

- Yellow fever
- Meningococcal



Staying Safe Together (5 mins)

1. Current protective measures
2. Importance of community action
3. Role of individual responsibility

Preparing for Neighbourhood Activity (5 mins)

- Explain the Health Reporter activity (from Theme 6):
 - ◊ Show the interview format in handbook
 - ◊ Demonstrate how to ask questions respectfully
 - ◊ Practice recording responses
 - ◊ Discuss safety guidelines:
 - Always go with parents/guardians
 - Greet people appropriately
 - Thank people for their time
 - Respect if someone doesn't want to participate
- Remind students to:
 - ◊ Complete all sections of the interview
 - ◊ Write neatly and clearly
 - ◊ Mark their progress using bindis/colours
 - ◊ Bring completed interviews for next class discussion

Assessment Ideas

- Ask students to recite the slogans of any special vaccination campaign they have heard of
- Introduce the Neighbourhood Health Reporter activity: Explain how students will interview family members, friends, and neighbours to learn about their knowledge and practices on immunization
- Guide them on how to track progress using the table in the handbook
- Ask students to complete the activity at home and bring their reports for discussion in the next class

Theme 6: Be a Vaccination Messenger: Your Mission Starts Now!



Opening Discussion (10 mins)

- Begin with the Vikram and Betaal story
- Ask students:
 - ◊ “What myths about vaccines have you heard?”
 - ◊ “How can we know what information to trust?”
 - ◊ “Who are trusted sources for vaccine information?”



2. Health Reporter Activity Introduction (10 mins)

- Explain the activity’s purpose
- Review interview questions
- Practice interviewing techniques
- Guide children on respectful communication using communication techniques from Theme 7 of the Teachers’ Manual (page 30)

3. Being a Vaccination Messenger (10 mins)

- Discuss three areas of action:
 - ◊ At Home
 - ◊ At School
 - ◊ In the Community
- Provide specific examples for each area
- Role-play different scenarios (use from Pages 32 and 33 of the Teachers’ Manual)



Core Content Delivery (30 mins)

1. Understanding Myths vs. Facts (10 mins)

- Use the story’s examples to discuss common myths
- Explain why each myth is incorrect
- Provide scientific facts in simple terms
- Emphasize trusted sources of information
- Refer to myths and facts from the Teachers’ Manual (page 32) and incorporate content from Theme 7 to explain concepts to students

Assessment Ideas

- Health Reporter project completion
- Creation of awareness materials
- Understanding of myths vs. facts
- Ability to communicate vaccine information

Activities

1. Myth Busters Role Play

- Divide class into pairs
- One student plays Betaal (presenting myths)
- Other plays Vikram (providing facts)
- Switch roles and try different scenarios

2. Health Reporter Project (Take-home activity)

- Review interview guidelines
- Practice recording responses
- Discuss safety when talking to community members

- Set up progress tracking system

3. Create Vaccination Awareness Materials

- Design “I Got Vaccinated!” badges
- Create simple information posters
- Write positive vaccination stories

4. Students Community Video




- Show the video to students to enhance understanding and engagement with the community

Handling Sensitive Topics

- Acknowledge vaccine anxiety without reinforcing fears
- Be mindful of COVID-19 experiences
- Maintain positive, encouraging tone
- Focus on protection benefits
- Respect cultural perspectives



Supporting Different Learning Styles

Style	Strategies	Examples
Visual 	<ul style="list-style-type: none"> • Use handbook illustrations • Draw diagrams • Show demonstrations 	<ul style="list-style-type: none"> • Vaccine types • Disease prevention charts • Modes of disease transmission
Auditory 	<ul style="list-style-type: none"> • Tell stories dramatically • Use discussions • Create simple rhymes 	<ul style="list-style-type: none"> • Jenner's story • Group sharing • Protection songs
Kinesthetic 	<ul style="list-style-type: none"> • Role-play activities • Physical demonstrations • Hands-on practice 	<ul style="list-style-type: none"> • Immune Ghar activity • Interview practice • Handwashing demonstration, sneeze zone activity

Suggested Implementation Schedule

Theme	Theme	Duration	Suggested Days
1	Tiny Troublemakers	40 mins	Day 1
2	Diseases on the Run	40 mins	Day 2
3	Superheroes in Body	40 mins	Day 3
Knowledge Check 1	Assessment	Homework	-
4	India's Shield of Health	40 mins	Day 4
5	Special Missions	40 mins	Day 5
6	Vaccination Messenger	40 mins	Day 6
Knowledge Check 2	Assessment	Homework	-

Note:

- Each theme or some themes can be split across two days, if needed
- Allow flexibility based on class size and student engagement
- Include time for activity preparation and discussion
- Schedule Health Reporter activity over a weekend
- Plan for review sessions after each knowledge check



Better health outcomes. For all.

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