

Activity title: Vaccination through our lifetime

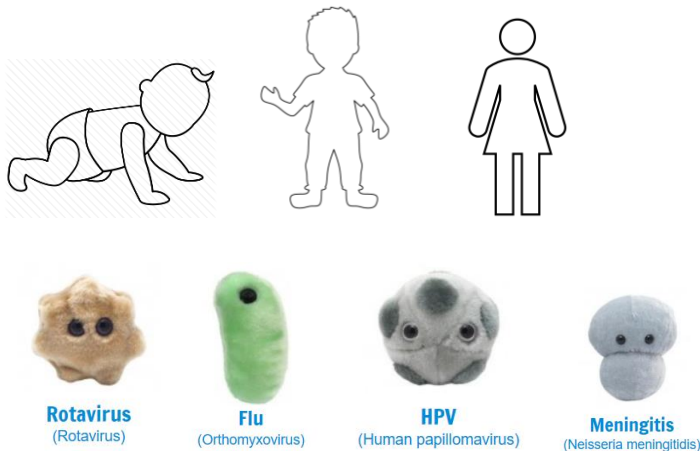
This activity can be done individually or in groups and requires an adult facilitator

Aim:

A throwing game using giant microbes to explain why vaccination is important in stopping the spread of diseases at each stage of your life.

Materials:

- Draw (or print out an image) a baby outline, a child outline and an adult outline – available space will determine how big you make them
- Purchase vaccine relevant giant microbes [here](#)



Set up:

- Place the outlines on the floor
- Gather all of the giant microbes in a box/bin
- Mark a line a few feet away from the outlines as this is where you will stand

What to do:

Facilitator: Do you want to play a game with these cuddly toys? OK, so these cuddly toys are all different kinds of diseases which we have vaccines for.

Vaccines teach the body to recognise and defend itself against infections from harmful pathogens, such as bacteria and viruses. Vaccines provide a sneak 'preview' of a specific pathogen, which stimulates the body's immune system to prepare itself if infection occurs. Vaccines contain a harmless element of the

pathogen that stimulates the immune system to mount a response, beginning with the production of antibodies. Cells responsive to the vaccine proliferate both in order to manufacture specific antibodies and to form 'memory cells'. Upon encountering the pathogen a second time, these memory cells are quickly able to deal with the threat by producing sufficient quantities of the correct antibody. Pathogens inside the body are eventually destroyed, thereby preventing further infection and stopping you from feeling unwell. Several infectious diseases including smallpox, diphtheria, tetanus, whooping cough, tuberculosis and polio are no longer a threat in Europe due to the success of vaccines.

It's important that vaccines are given on time for the best protection, so we need some when we're babies, some when we're a bit older in our teens and some when we're adults.

Ask participants what they think the giant microbes are and explain what each disease is. Then ask participants to throw the toy towards the shape who needs them, guessing who would need the vaccine.

For example

- *Babies under 1 year old - rotavirus vaccine*
- *Children - meningitis vaccine*
- *Teens - HPV vaccine*
- *Adult/Elderly - flu vaccine*

Flu is one that might have more than one right answer.