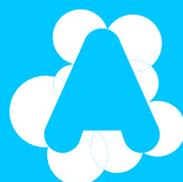




THE CARD™ SYSTEM FOR EDUCATORS



Anxiety
CANADA

What CARD™ are you playing today?



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INTRODUCTION TO THE CARD™ SYSTEM

“ At Anxiety Canada, we help individuals better understand and manage anxiety. Learning how to prepare in advance for a stressful situation can improve the experience for children and adults. Now more than ever before, it is essential we can access resources we can trust to ease our worries. ”

—Judith Law, CEO, Anxiety Canada

Anxiety Canada, in collaboration with **Immunize Canada**, the **University of Toronto** (HELPinKids&Adults), and **SickKids** (AboutKidsHealth), has created this toolkit to equip educators, parents, and health care providers with evidence-based tools they can use to educate and help children reduce their anxiety and fear during stressful situations such as vaccinations.

WHAT IS CARD™?



CARD (C-Comfort, A-Ask, R-Relax, D-Distract) is a science-based framework that teaches children how to prepare for vaccination.

CARD also works for more than just vaccines. It can be adapted to other situations where students are anxious or afraid, such as exams and public presentations.

WHAT ARE THE BENEFITS OF CARD™?

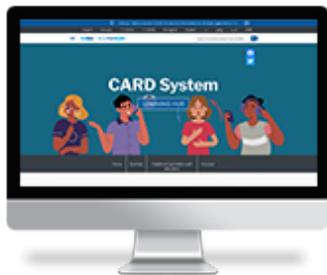
- ✓ It reduces stress-related reactions, including fear, pain, dizziness and fainting during medical procedures
- ✓ It improves the vaccination experience for children being vaccinated at school and those who support them, such as educators, parents and health care providers
- ✓ It teaches children lifelong coping skills they can use for other stressful situations

RESEARCH INSIGHTS* BEHIND **CARD**TM

- ✓ Teachers understand the utility of the CARDTM system. It can be used for vaccinations and other stressful events such as big tests or major assignments.
- ✓ Teachers want to have a role in providing support to students and help mitigate anxiety and fear in students to contribute to a successful experience.
- ✓ Teachers' attitudes play an important role in students' vaccination experiences. Teachers can learn ways to promote coping during vaccination.
- ✓ Teachers play an important role in advocating that their students' fear and anxiety are addressed with compassion and understanding.
- ✓ Parents agree that the quality of the school vaccination experience is important because it can influence their children's feelings and attitudes about vaccinations in the future.
- ✓ Children want to be more involved in their vaccinations and are grateful that CARDTM gives them the opportunity to choose their preferred coping options for reducing stress on vaccination day.

HOW CAN **YOU** HELP?

- ✓ Collaborate with public health partners
- ✓ Reinforce learning and practice with children
- ✓ Remind children of vaccination day
- ✓ Support children's choices for coping during vaccination
- ✓ Praise and celebrate with children for actively participating in their health care



For more information, see:
www.cardsystem.ca

*Reference: Taddio A, Freedman T, Wong H, McMurtry CM, MacDonald N, Ilersich ANT, Ilersich ALT, McDowall T; Pain Pain Go Away Team. [Stakeholder feedback on The CARDTM System to improve the vaccination experience at school](#). Paediatr Child Health. 2019 Apr;24(Suppl 1):S29-S34. doi: 10.1093/pch/pxz018. Epub 2019 Mar 29.



CARD™

RESOURCES

The following resources are available for widespread dissemination and use. The tools have been designed by experts, including educators, mental health experts, scientists, and clinicians.

Play and support the CARDS chosen by the children in your class or in your care. Use these tools when educating about self-regulation and coping during stressful situations such as vaccination.

FACT SHEETS

IMPROVING THE VACCINATION EXPERIENCE: A guide for school staff

DOWNLOAD

GUIDE: IMPROVING THE VACCINATION EXPERIENCE
A guide for school staff (3-page pdf)

CHECKLIST: IMPROVING THE VACCINATION EXPERIENCE

DOWNLOAD

CHECKLIST: IMPROVING THE VACCINATION EXPERIENCE
Checklist for school staff (2-page pdf)

POSTER

THE CARD SYSTEM

These four strategies can help you with your vaccination.

C COMFORT
A ASK
R RELAX
D DISTRACT

HOW TO GET COMFORTABLE
QUESTIONS TO ASK
HOW TO RELAX
HOW TO DISTRACT YOURSELF

HOW WILL YOU GET COMFORTABLE?
WHAT WILL YOU ASK?
WHAT WILL YOU DO TO RELAX?
WHAT DISTRACTIONS WILL YOU DO?

DOWNLOAD

CARD™ SYSTEM POSTER FOR SCHOOL-AGED CHILDREN: COPING WITH PAIN AND FEAR AROUND VACCINATION
(1-page pdf)

VIDEOS

IMPROVING THE VACCINATION EXPERIENCE AT SCHOOL
(12m27s)

WATCH

WHAT YOU NEED TO KNOW ABOUT VACCINES AT SCHOOL
(4m45s)

WATCH

THE CARD™ SYSTEM: PLAY YOUR POWER CARD
(7m46s)

WATCH

INDIVIDUAL HANDOUTS

NERVOUS ABOUT GETTING NEEDLES?
Use the CARD system to take a more positive vaccination experience.

COMFORT
Find ways to get comfortable.

ASK
Ask someone to be present.

RELAX
Keep yourself calm.

DISTRACT
Shift your attention to something else.

The CARD system (Comfort, Ask, Relax, Distract) provides you with strategies that can be used to make your vaccination experience a more positive one. Learn how you can play your role with each of the different strategies to reduce the pain, stress and worries associated with vaccinations. To learn more about CARD, go to [Card System](#).

Choose what CARDS you want to play. There's no wrong move. Look on the back for ideas.

Downloaded from: [CARD System](#)

Partners: [Health Canada](#), [Canadian Paediatric Society](#), [Canadian Society of Paediatric Dentistry](#), [Canadian Society of Paediatric Nurses](#), [Canadian Society of Paediatric Radiology](#), [Canadian Society of Paediatric Anesthesiologists](#), [Canadian Society of Paediatric Surgeons](#), [Canadian Society of Paediatric Infectious Disease Specialists](#), [Canadian Society of Paediatric Hematology and Oncology](#), [Canadian Society of Paediatric Endocrinology and Diabetes](#), [Canadian Society of Paediatric Rheumatology](#), [Canadian Society of Paediatric Nephrology](#), [Canadian Society of Paediatric Geriatrics](#), [Canadian Society of Paediatric Palliative Care](#), [Canadian Society of Paediatric Neurology](#), [Canadian Society of Paediatric Ophthalmology](#), [Canadian Society of Paediatric Otorhinolaryngology](#), [Canadian Society of Paediatric Plastic Surgeons](#), [Canadian Society of Paediatric Urology](#), [Canadian Society of Paediatric Cardiology](#), [Canadian Society of Paediatric Endocrinology and Diabetes](#), [Canadian Society of Paediatric Hematology and Oncology](#), [Canadian Society of Paediatric Infectious Disease Specialists](#), [Canadian Society of Paediatric Rheumatology](#), [Canadian Society of Paediatric Nephrology](#), [Canadian Society of Paediatric Geriatrics](#), [Canadian Society of Paediatric Palliative Care](#), [Canadian Society of Paediatric Neurology](#), [Canadian Society of Paediatric Ophthalmology](#), [Canadian Society of Paediatric Otorhinolaryngology](#), [Canadian Society of Paediatric Plastic Surgeons](#), [Canadian Society of Paediatric Urology](#), [Canadian Society of Paediatric Cardiology](#).

ARE YOU READY TO GET YOUR VACCINE?

COMFORT
Find ways to get comfortable.

ASK
Ask someone to be present.

RELAX
Keep yourself calm.

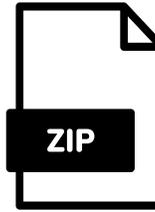
DISTRACT
Shift your attention to something else.

What strategies do you want to use?

Downloaded from: [CARD System](#)

[DOWNLOAD](#)

ALL



COMBINED POSTERS, HANDOUTS, AND ACTIVITIES (zipped file)

[DOWNLOAD](#)

THE CARD™ SYSTEM HANDOUT 'NERVOUS ABOUT GETTING NEEDLES?' (2-page pdf)

THE CARD SYSTEM
These four strategies will help you with your vaccination. Use the suggestions on the back to fill in the cards.

Downloaded from: [CARD System](#)

Partners: [Health Canada](#), [Canadian Paediatric Society](#), [Canadian Society of Paediatric Dentistry](#), [Canadian Society of Paediatric Nurses](#), [Canadian Society of Paediatric Radiology](#), [Canadian Society of Paediatric Anesthesiologists](#), [Canadian Society of Paediatric Surgeons](#), [Canadian Society of Paediatric Infectious Disease Specialists](#), [Canadian Society of Paediatric Endocrinology and Diabetes](#), [Canadian Society of Paediatric Rheumatology](#), [Canadian Society of Paediatric Nephrology](#), [Canadian Society of Paediatric Geriatrics](#), [Canadian Society of Paediatric Palliative Care](#), [Canadian Society of Paediatric Neurology](#), [Canadian Society of Paediatric Ophthalmology](#), [Canadian Society of Paediatric Otorhinolaryngology](#), [Canadian Society of Paediatric Plastic Surgeons](#), [Canadian Society of Paediatric Urology](#), [Canadian Society of Paediatric Cardiology](#).

HOW TO GET COMFORTABLE

QUESTIONS TO ASK

HOW TO RELAX

HOW TO DISTRACT YOURSELF

Downloaded from: [CARD System](#)

[DOWNLOAD](#)

POSTER

THE CARD SYSTEM
These four strategies will help you with your vaccination.

COMFORT
ASK
RELAX
DISTRACT

HOW TO GET COMFORTABLE
How can you get comfortable? Think about ways to get comfortable.

QUESTIONS TO ASK
What questions do you have about getting vaccinated?

HOW TO RELAX
How can you relax? Think about ways to relax.

HOW TO DISTRACT YOURSELF
How can you distract yourself? Think about ways to distract yourself.

Downloaded from: [CARD System](#)

[DOWNLOAD](#)

CARD™ STUDENT POSTER (1-page pdf)

THE CARD™ SYSTEM HANDOUT (2-page pdf)

CARD SYSTEM ACTIVITY
These four strategies will help you with your vaccination. Use the suggestions on the back to fill in the cards. Cut them out and carry them with you, so you can remind yourself whenever you can.

Downloaded from: [CARD System](#)

Partners: [Health Canada](#), [Canadian Paediatric Society](#), [Canadian Society of Paediatric Dentistry](#), [Canadian Society of Paediatric Nurses](#), [Canadian Society of Paediatric Radiology](#), [Canadian Society of Paediatric Anesthesiologists](#), [Canadian Society of Paediatric Surgeons](#), [Canadian Society of Paediatric Infectious Disease Specialists](#), [Canadian Society of Paediatric Endocrinology and Diabetes](#), [Canadian Society of Paediatric Rheumatology](#), [Canadian Society of Paediatric Nephrology](#), [Canadian Society of Paediatric Geriatrics](#), [Canadian Society of Paediatric Palliative Care](#), [Canadian Society of Paediatric Neurology](#), [Canadian Society of Paediatric Ophthalmology](#), [Canadian Society of Paediatric Otorhinolaryngology](#), [Canadian Society of Paediatric Plastic Surgeons](#), [Canadian Society of Paediatric Urology](#), [Canadian Society of Paediatric Cardiology](#).

HOW TO GET COMFORTABLE

QUESTIONS TO ASK

HOW TO RELAX

HOW TO DISTRACT YOURSELF

Downloaded from: [CARD System](#)

[DOWNLOAD](#)

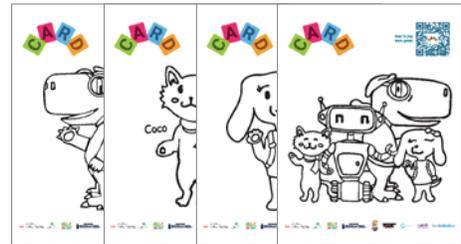
THE CARD™ SYSTEM ACTIVITY FOR SCHOOL-AGED CHILDREN (2-page pdf)

ACTIVITIES



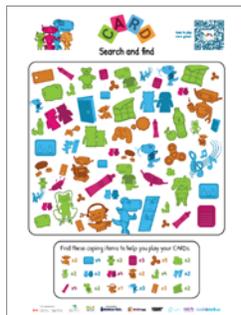
[DOWNLOAD](#)

PLAY YOUR CARDS
(2-page PDF)



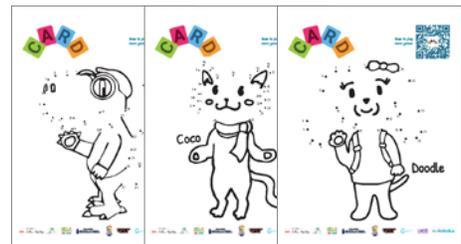
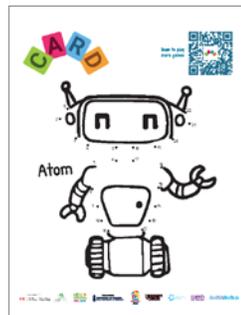
[DOWNLOAD](#)

COLOURING PAGES
(5-page PDF)



[DOWNLOAD](#)

SEARCH AND FIND GAME
(2-page PDF)



[DOWNLOAD](#)

CONNECT THE DOTS GAME
(4-page PDF)



[DOWNLOAD](#)

**MAZE GAME:
HELP COCO FIND HIS FRIENDS**
(2-page PDF)



[SCAN ME](#)

**THE CARD™ SYSTEM
WEB GAME
FOR KIDS BETWEEN
5 AND 12 YEARS OLD.**
Built for mobile.
On computer, you must
change screen dimensions.

GAME POSTERS



DOWNLOAD

#1 HORIZONTAL POSTER
(1-page pdf)



DOWNLOAD

#2 VERTICAL POSTER
(1-page pdf)

VIDEOS



WATCH

WHAT YOU NEED TO KNOW ABOUT VACCINES AT SCHOOL
(4m45s)



WATCH

THE CARD™ SYSTEM: PLAY YOUR POWER CARD
(7m46s)

FACT SHEETS



DOWNLOAD

DOWNLOAD

GUIDE: IMPROVING THE VACCINATION EXPERIENCE
A guide for health care providers (2-page pdf)

CHECKLIST: IMPROVING THE VACCINATION EXPERIENCE
Planning checklist for health care providers (1-page pdf)



DOWNLOAD

DOWNLOAD

IMPROVING THE VACCINATION EXPERIENCE
What health care providers can say (2-page pdf)

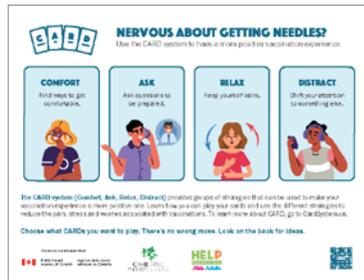
QUESTIONNAIRE 'HOW WILL YOU PLAY YOUR CARDS?'
(1-page pdf)



DOWNLOAD

NEEDLE RELATED FAINTING WHY DOES IT HAPPEN? WHAT TO DO ABOUT IT?
(2-page pdf)

HANDOUTS/ACTIVITIES FOR STUDENTS: COPING WITH PAIN AND FEAR AROUND VACCINATION



**THE CARD™ SYSTEM HANDOUT
'NERVOUS ABOUT GETTING NEEDLES?'**
(2-page pdf)

**THE CARD™ SYSTEM ACTIVITY
FOR SCHOOL-AGED CHILDREN**
(2-page pdf)

VIDEOS



**IMPROVING
THE VACCINATION
EXPERIENCE
AT SCHOOL**
(12m27s)



**WHAT YOU
NEED TO KNOW
ABOUT VACCINES
AT SCHOOL**
(4m45s)



**THE CARD™ SYSTEM:
PLAY YOUR
POWER CARD**
(7m46s)



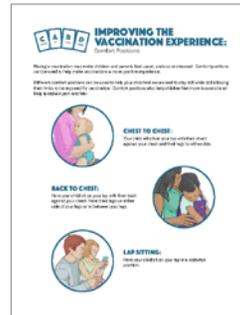
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FOR KIDS BETWEEN
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ADDITIONAL CARD™ SYSTEM RESOURCES



[DOWNLOAD](#)

REDUCING PAIN WITH NUMBING CREAM FOR VACCINATION
(2-page pdf)



[DOWNLOAD](#)

COMFORT POSITIONS: IMPROVING THE VACCINATION EXPERIENCE
Checklist for school staff (2-page pdf)

FACT SHEETS

IMPROVING THE VACCINATION EXPERIENCE:
A guide for parents and caregivers

The CARD system (Comfort, Ask, Relax, Distract) provides a range of strategies that can be used to make your vaccination experience a more positive one. Learn how you can help your child and ease the different strategies to reduce the pain, stress and fear associated with vaccinations. To learn more about CARD, go to CardExperience.

COMFORT
Find ways to get comfortable.

ASK
Ask questions to be prepared.

RELAX
Keep yourself calm.

DISTRACT
Shift your attention to something else.

DOWNLOAD

IMPROVING THE VACCINATION EXPERIENCE:
What parents and caregivers can do

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DOWNLOAD

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What parents and caregivers can do

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DOWNLOAD

GUIDE:
IMPROVING THE VACCINATION EXPERIENCE
A guide for parents and caregivers
(2-page pdf)

IMPROVING THE VACCINATION EXPERIENCE:
WHAT PARENTS CAN DO
(1-page pdf)

IMPROVING THE VACCINATION EXPERIENCE:
What parents and caregivers can do

The CARD system (Comfort, Ask, Relax, Distract) provides a range of strategies that can be used to make your vaccination experience a more positive one. Learn how you can help your child and ease the different strategies to reduce the pain, stress and fear associated with vaccinations. To learn more about CARD, go to CardExperience.

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RELAX
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DISTRACT
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DOWNLOAD

IMPROVING THE VACCINATION EXPERIENCE:
How parents can act

The CARD system (Comfort, Ask, Relax, Distract) provides a range of strategies that can be used to make your vaccination experience a more positive one. Learn how you can help your child and ease the different strategies to reduce the pain, stress and fear associated with vaccinations. To learn more about CARD, go to CardExperience.

COMFORT
Find ways to get comfortable.

ASK
Ask questions to be prepared.

RELAX
Keep yourself calm.

DISTRACT
Shift your attention to something else.

DOWNLOAD

IMPROVING THE VACCINATION EXPERIENCE:
WHAT PARENTS CAN SAY
(1-page pdf)

IMPROVING THE VACCINATION EXPERIENCE:
HOW PARENTS CAN ACT
(1-page pdf)

NERVOUS ABOUT GETTING NEEDLES?
Use the CARD system to have a more positive vaccination experience.

COMFORT
Find ways to get comfortable.

ASK
Ask questions to be prepared.

RELAX
Keep yourself calm.

DISTRACT
Shift your attention to something else.

DOWNLOAD

HOW ARE YOU GOING TO GET YOUR FLU SHOT?

COMFORT
Find ways to get comfortable.

ASK
Ask questions to be prepared.

RELAX
Keep yourself calm.

DISTRACT
Shift your attention to something else.

WHAT STRATEGIES DO YOU WANT TO USE?

DOWNLOAD



SCAN ME

THE CARD™ SYSTEM HANDOUT
'NERVOUS ABOUT GETTING NEEDLES?'
(2-page pdf)

THE CARD™ SYSTEM
WEB GAME FOR KIDS
BETWEEN 5 AND 12 YEARS OLD.
Built for mobile. On computer, you must change screen dimensions.

FACT SHEETS



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REDUCING PAIN WITH NUMBING CREAM FOR VACCINATION
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DOWNLOAD

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Checklist for school staff (2-page pdf)

VIDEOS



WATCH

WHAT YOU NEED TO KNOW ABOUT VACCINES AT SCHOOL
(4m45s)



WATCH

THE CARD™ SYSTEM: PLAY YOUR POWER CARD
(7m46s)



ADDITIONAL RESOURCES

The following resources may also be helpful:

ABOUTKIDSHEALTH

[CARD Videos](#) on AboutKidsHealth YouTube Channel and [website](#).

UNIVERSITY OF TORONTO - HELPinKids&Adults

[References](#) to Clinical Practice Guidelines on Pain Management during Vaccination and other published literature, on which CARD™ is premised.

IMMUNIZE CANADA

Tools and videos for [parents/caregivers](#), [children](#) and [adults](#).

Additional CARD™ resources for anxiety to help [parents/caregivers](#) and [children](#), and on [needle fear](#) and [needle related fainting](#).

ANXIETY CANADA

Anxiety Canada™ is a global leader in developing free online, self-help, and evidence-based resources on anxiety. We also provide services and programs people can trust, including our online group therapy program for adults (MindShift CBT Groups). A registered charity and non-profit organization, Anxiety Canada was established more than twenty years ago to reduce the barrier of anxiety so people can live the life they want.

- **[Educator Resources](#)**

A collection of helpful resources for the classroom and beyond.

- **[MindShift® CBT](#)**

Our free, world-class anxiety management application provides users with scientifically proven strategies based on cognitive behavioural therapy (CBT) to learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of anxiety. Watch the [MindShift® CBT Introduction](#) (30 sec.).

- **[My Anxiety Plan \(MAP\)](#)**

Our free, self-paced, online CBT-based anxiety management course. MAP for children is designed for parents/caregivers to work with children/teens who struggle with anxiety. Learn practical strategies and tools to manage anxiety through 6 easy to navigate units.

- [MAP for Children and Teens](#)
- [MAP for Adults](#)

- **Free Downloadable Resources**

- Helpful how-to [PDFs](#) for parents and other self-help resources
- [8 Parenting Strategies to Help Children Who Experience Needle Anxiety and Fear](#) (13-page PDF article)
- [Applied Tension Technique For Children or Teens Who Faint at the Sight of Blood or Needles](#) (2-page pdf)

- **#OurAnxietyStories**

[#OurAnxietyStories - The Anxiety Canada Podcast](#) - Listen to host John Bateman talk with people from all walks of life, including psychologists, celebrities, and regular folks, to find wisdom, insight, and even humour in how anxiety manifests.

- **[Caretoons](#)**

Anxiety Canada's classroom-ready cartoon series helps educators support pre-teens and teens with anxiety and shows viewers of all ages that anxiety is normal. With humour and heart, Drexal the Alien and Chris Crust the time-travelling slice of pizza face their fears in a relatable, funny way.

- **Action Anxiety Day, June 10**

[The annual international anxiety awareness day](#) created by Anxiety Canada to educate each other, share personal experiences, and help eliminate the stigma and barriers around anxiety and anxiety disorders. Action Anxiety Day colours are blue and orange.

**University of Toronto
HELPinKids&Adults**

Professor Anna Taddio, PhD
144 College Street
Toronto ON, M5S 3M2
Anna.taddio@utoronto.ca
<https://phm.utoronto.ca/helpinkids/>

Immunize Canada

1525 Carling Avenue, Suite 404
Ottawa, ON K1Z 8R9
(613) 725-3769, extension 122
immunize@cpha.ca
<https://immunize.ca/>

Anxiety Canada

811 - 402 West Pender Street
Vancouver, BC, V6B 1T6
(604) 620-0744
info@anxietycanada.com
<https://www.anxietycanada.com/>