THE CARD™ SYSTEM
FOR EDUCATORS
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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™

Teachers understand the utility of the CARD™ 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 CARD™ 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

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

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

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

POSTER

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)

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

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

INDIVIDUAL HANDOUTS

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

THE CARD™ SYSTEM HANDOUT
(2-page pdf)

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

ALL

COMBINED POSTERS, HANDOUTS, AND ACTIVITIES
(zipped file)

POSTER

CARD™ STUDENT POSTER
(1-page pdf)
TOOLS FOR STUDENTS

ACTIVITIES

PLAY YOUR CARDS
(2-page PDF)

COLOURING PAGES
(5-page PDF)

SEARCH AND FIND GAME
(2-page PDF)

CONNECT THE DOTS GAME
(4-page PDF)

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.
TOOLS FOR STUDENTS

GAME POSTERS

#1 HORIZONTAL POSTER
(1-page pdf)

#2 VERTICAL POSTER
(1-page pdf)

VIDEOS

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

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

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)

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

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

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)

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.
TOOLS FOR HEALTH CARE PROVIDERS

ADDITIONAL CARD™ SYSTEM RESOURCES

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

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

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 CAN SAY
(1-page pdf)

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

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

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

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

VIDEOS

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

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.
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