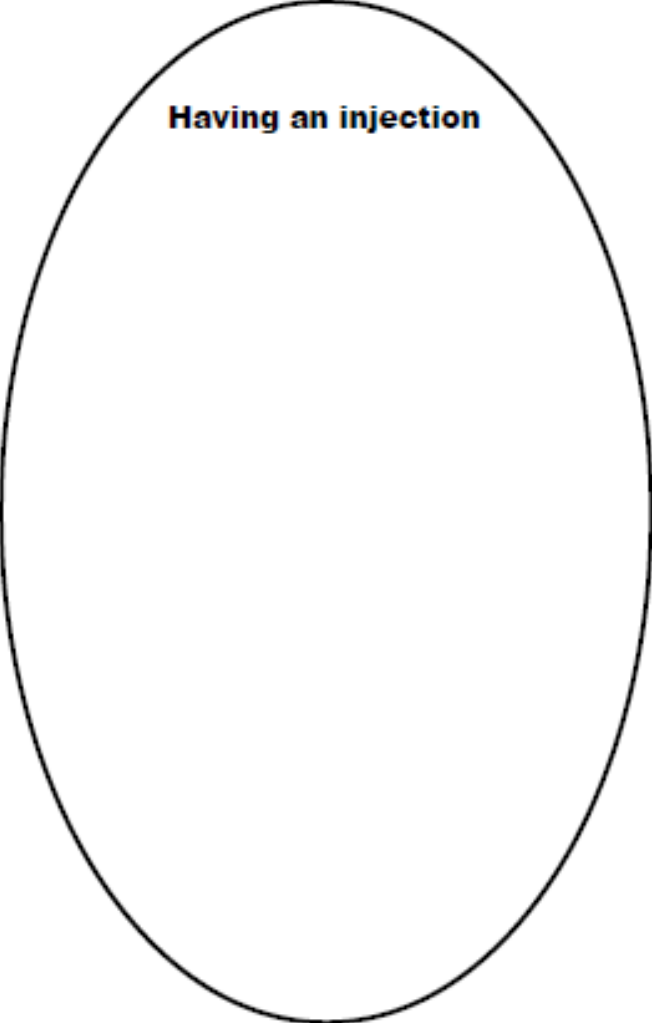


# Having an Injection

<b>Where were you when you had the injection?</b>	<b>Who was there?</b>
 <b>Having an injection</b>	
<b>How do you feel when you have an injection?</b>	<b>What could you do to help you feel better?</b>

Draw in the centre of the page, a picture of a time you or another person had an injection.

*Where were you/they? Who was there? How old were you/they?*

Now think about the reasons the person was having the injection and write these beside your picture in the middle. There could be a variety of reasons *e.g. inoculation, anaesthetic, administration of medicine.*

Think about the feelings you associate with having injections *e.g. nervous, brave, worried, grown-up* and the things or people that might help *e.g. a treat afterwards, dad being there, a toy to cuddle, mum saying encouraging things, the dentist taking your mind off it.* Write these in the bottom two sections of the diagram.