


Doctor, Doctor, I'm Okay — Lesson Plan

Grade: Pre-K–1 | Duration: 40–50 minutes | CASEL Domain: Self-Management

Objective: Students will understand what happens during a checkup, learn coping strategies for medical anxiety, and recognize that bravery means doing something even when you're scared.

Essential Question: *"What does it mean to be brave when you're scared?"*

Materials: The personalized story, Toy stethoscope or cardboard tube, Band-aids (for decorating), Paper and crayons

Vocabulary: Checkup, Stethoscope, Blood Pressure, Brave, Nervous, Shot, Bandaid, Heartbeat, Exam, Doctor

ANTICIPATORY SET (5 MIN)

Partner share: "What's one thing about the doctor that makes you nervous? Now share: what's one thing about the doctor that's actually okay or even cool?" Quick share-out of both sides.

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at the drum-solo heartbeat — let children put hands on their chests to feel their own heartbeat. Pause at the shot. Emphasize: "Three seconds. That's all." Pause at the Bravest Bandaid: "It glows for everyone who was scared AND did it anyway."

GUIDED PRACTICE (10 MIN)

Doctor's office role play. Practice explaining each step before doing it. Practice the three-seconds-of-brave countdown together.

INDEPENDENT PRACTICE (10 MIN)

Decorate the Bravest Bandaid. Write: "I was brave when ____." or "Next time I'm scared I will ____."

CLOSURE (5 MIN)

Share Bravest Band-aids. Three-seconds-of-brave class countdown. Commit: "Next time I'm scared at the doctor, I'll ____."

ASSESSMENT

Can children name coping strategies? Can they articulate that bravery includes fear? Exit ticket: "Being brave means ____."

DIFFERENTIATION

Support: Provide Bravest Bandaid templates with sentence starters. Partner children with a buddy for role play.

Extend: Write a "Brave Kid's Guide to the Doctor" booklet for the school nurse's office. Interview the school nurse about what they wish kids knew.

HOME CONNECTION

Send home the Bravest Bandaid. Suggest families practice "three seconds of brave" before upcoming doctor visits.