

MY TEACHER
WEARS A MASK



TODAY...



MY TEACHER
WORE A
MASK

IS SHE
PLAYING
DRESS UP?

NO, IT IS A
SPECIAL MASK
TO KEEP HER
HEALTHY.



MASKS HELP KEEP US SAFE FROM
GERMS SO WE WON'T GET SICK



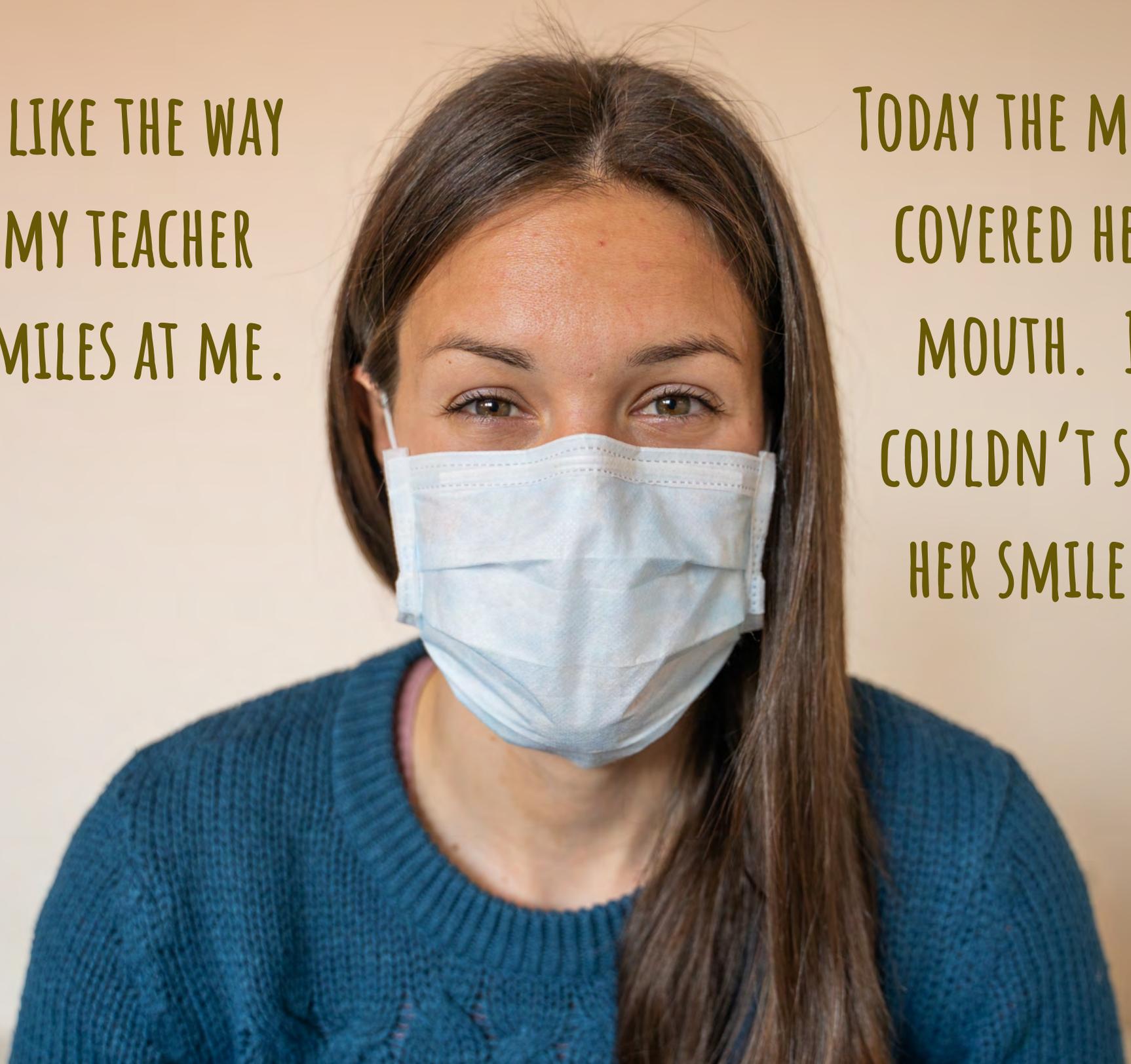
WEAR A MASK





SOMETIMES MASKS ARE
SCARY, BUT NOT THIS
MASK. MY TEACHER IS
SAFE. I AM SAFE WHEN
I'M WITH HER.

I LIKE THE WAY
MY TEACHER
SMILES AT ME.



TODAY THE MASK
COVERED HER
MOUTH. I
COULDN'T SEE
HER SMILE.

BUT LOOK, I CAN SEE HER
SMILE WITH HER EYES.

I LIKE
SEEING
HER EYES
SMILE.





SOMETIMES I WANT
TO PULL THE MASK
OFF SO I CAN SEE HER
WHOLE FACE.

BUT I WILL HELP HER
KEEP IT ON SO WE
STAY SAFE.

I SAW ANOTHER
TEACHER WEAR A
MASK TODAY.

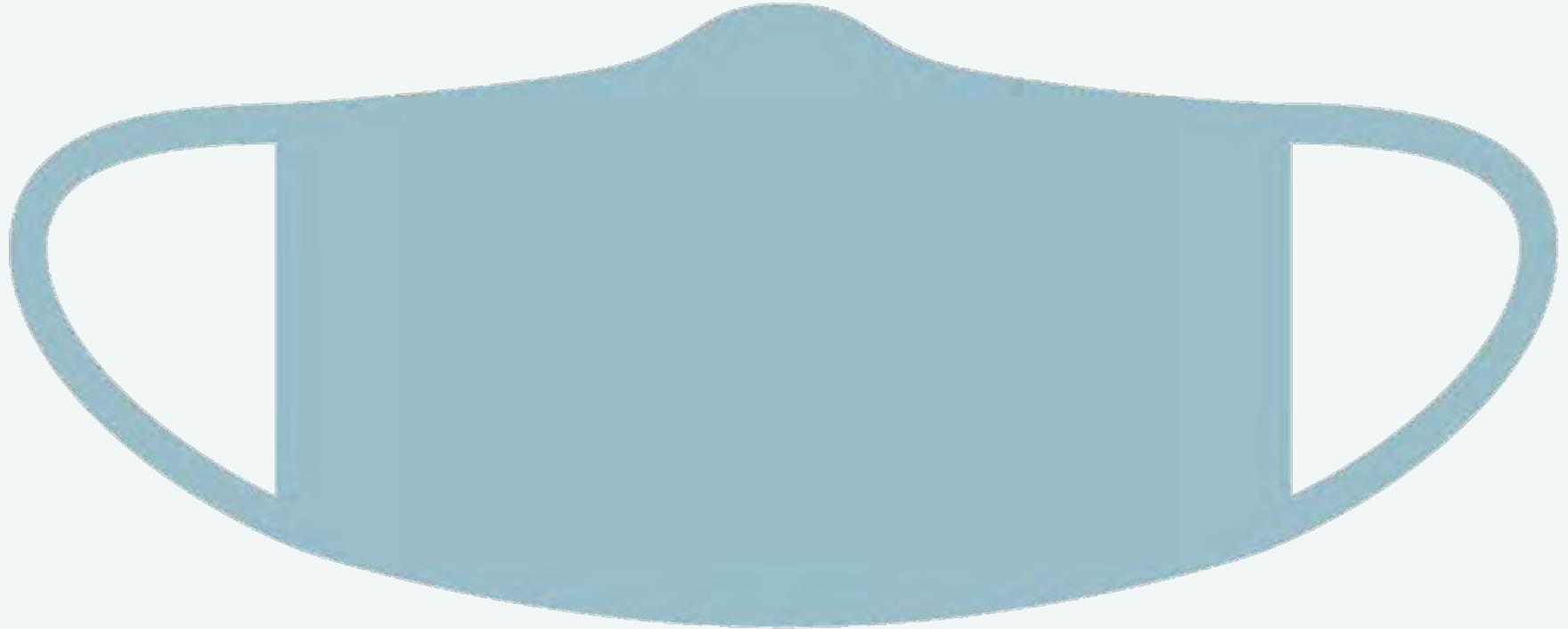
HE HELPS KEEP US
SAFE TOO.



I AM GLAD MY TEACHER KEEPS US SAFE.



CUT-OUT MASK FOR ACTIVITIES



- Sit with a child in front of a mirror. Let them practice holding the mask in front of their face. When they take it down, say something like ‘Look, its still you (insert child name.)’
- Practice seeing and feeling smiling eyes. Put your fingers on your cheekbones and feel how they move when you smile. Help the children to do the same. Help children look in a mirror and see how their eyes change when they smile.
- With older preschoolers, play ‘feelings charade’. See how many emotions children can identify with a mask on. Sad? Surprised? Happy? Worried?



Teachers can use an intentional connecting ritual with infants, toddlers and young pre-schoolers too. This activity lets children know 'I am still me' even with a mask on.

1. Teacher begin ritual with 3 breaths so teacher is completely composed before beginning ritual.
2. I see _____ (cover eyes, then uncover eyes and say child's name)
3. You see Ms/Mr _____ (point to self, say name and smile)
4. I see _____ (cover eyes, then uncover eyes and say child's name)
5. You see Ms/Mr _____ (point to self, say name and smile)
6. I'm wearing a mask to keep you safe (point to child)
7. You're safe (breathe)
8. I'm wearing a mask to keep me safe (point to self)
9. I'm safe (breathe)
10. Hello, Ms/Mr _____ (say name). Hello _____ (child's name)
11. We're safe! (breathe)



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ARBEST
Arkansas Building Effective Services for Trauma

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