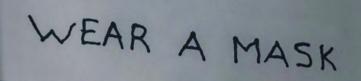
MY TEACHER Wears a Mask



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





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.

- 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 preschoolers too. This activity lets children know 'I am still me' even with a mask on.

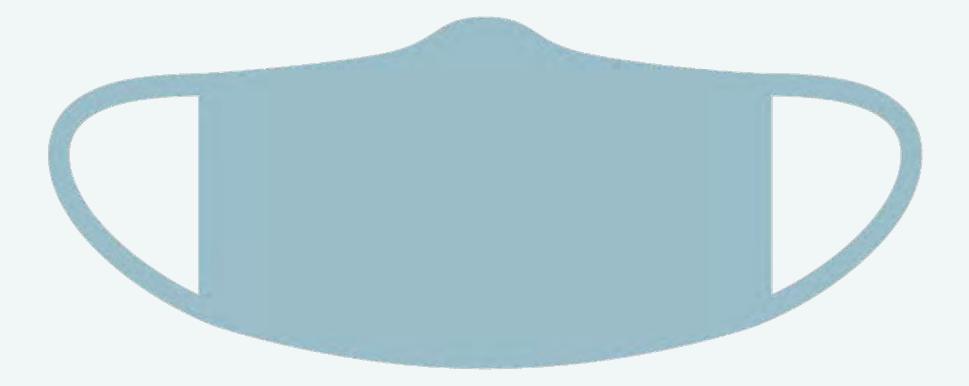
- 1. Teacher begin ritual with 3 breaths so teacher is completely composed before beginning ritual.
- 2. I see _____ (cover eyes, then uncover eyes and say child's name)
- 3. You see Ms/Mr _____ (point to self, say name and smile)
- 4. I see _____ (cover eyes, then uncover eyes and say child's name)
- 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)



CUT-OUT MASK FOR ACTIVITIES



MY TEACHER WEARS A MASK

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ARBEST Arkansas Building Effective Services for Trauma

UAMS.



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