

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

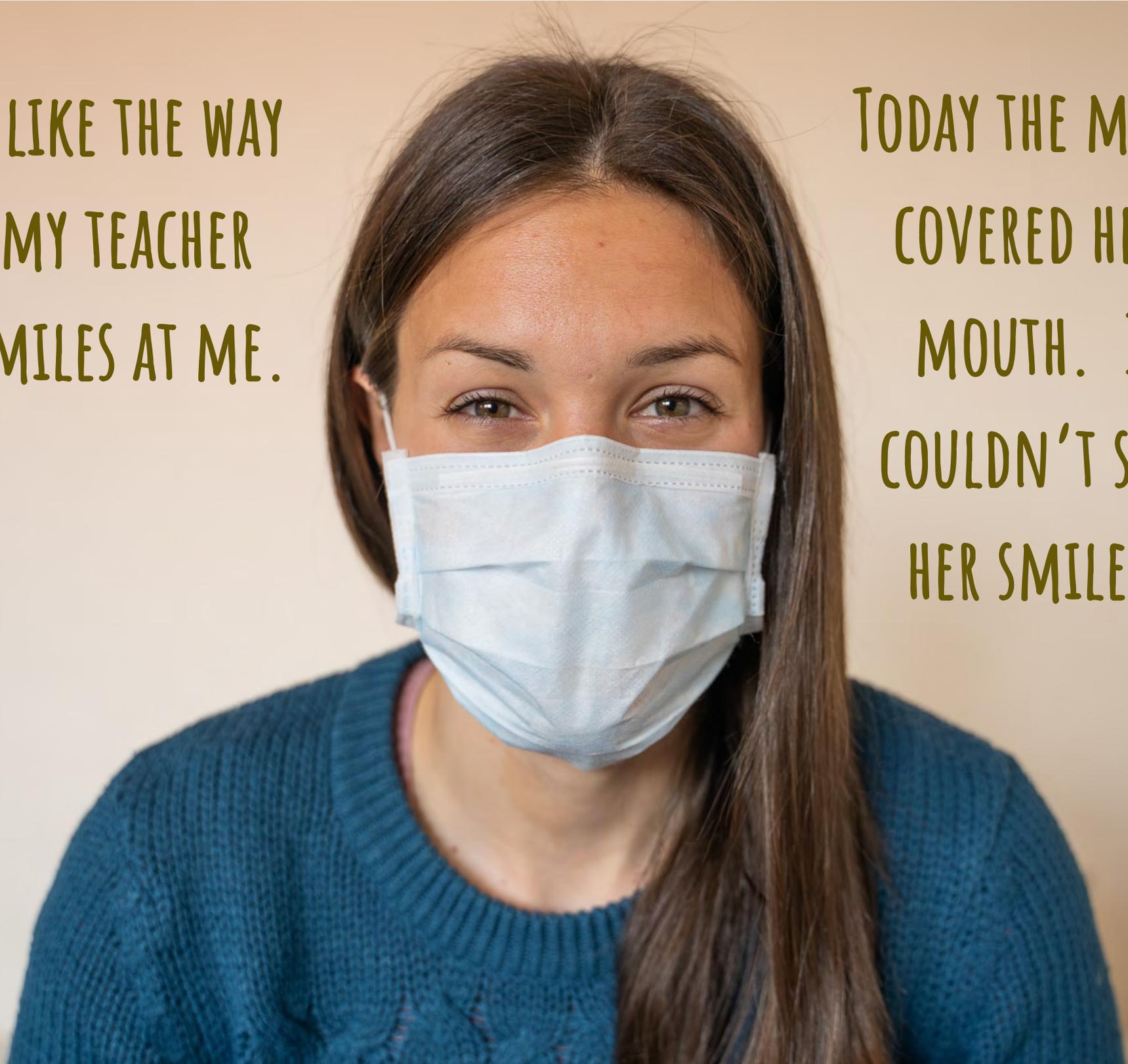




SOMETIMES MASKS ARE  
SCARY, BUT NOT THIS  
MASK. MY TEACHER IS  
SAFE. I AM SAFE WHEN  
I'M WITH HER.

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.



- 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?

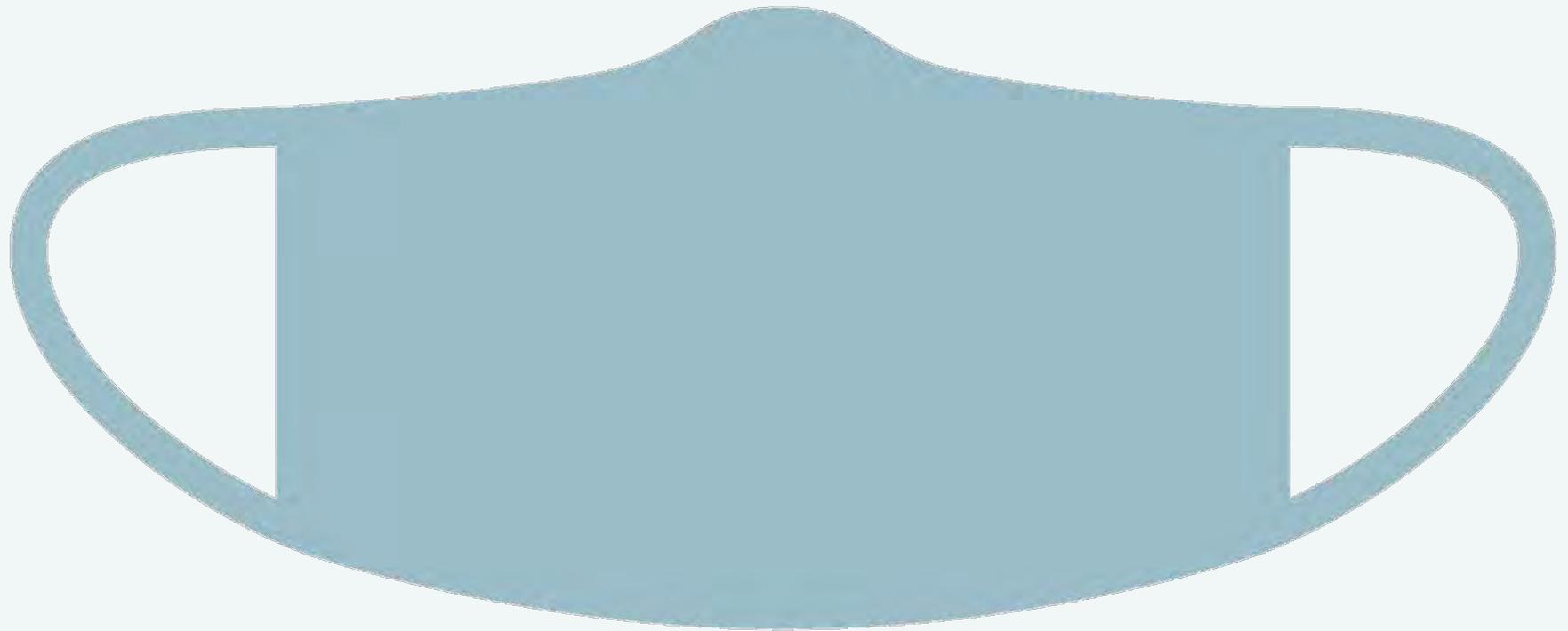


**Teachers can use an intentional connecting ritual with infants, toddlers and young pre-schoolers too. This activity lets children know 'I am still me' even with a mask on.**

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)



# CUT-OUT MASK FOR ACTIVITIES





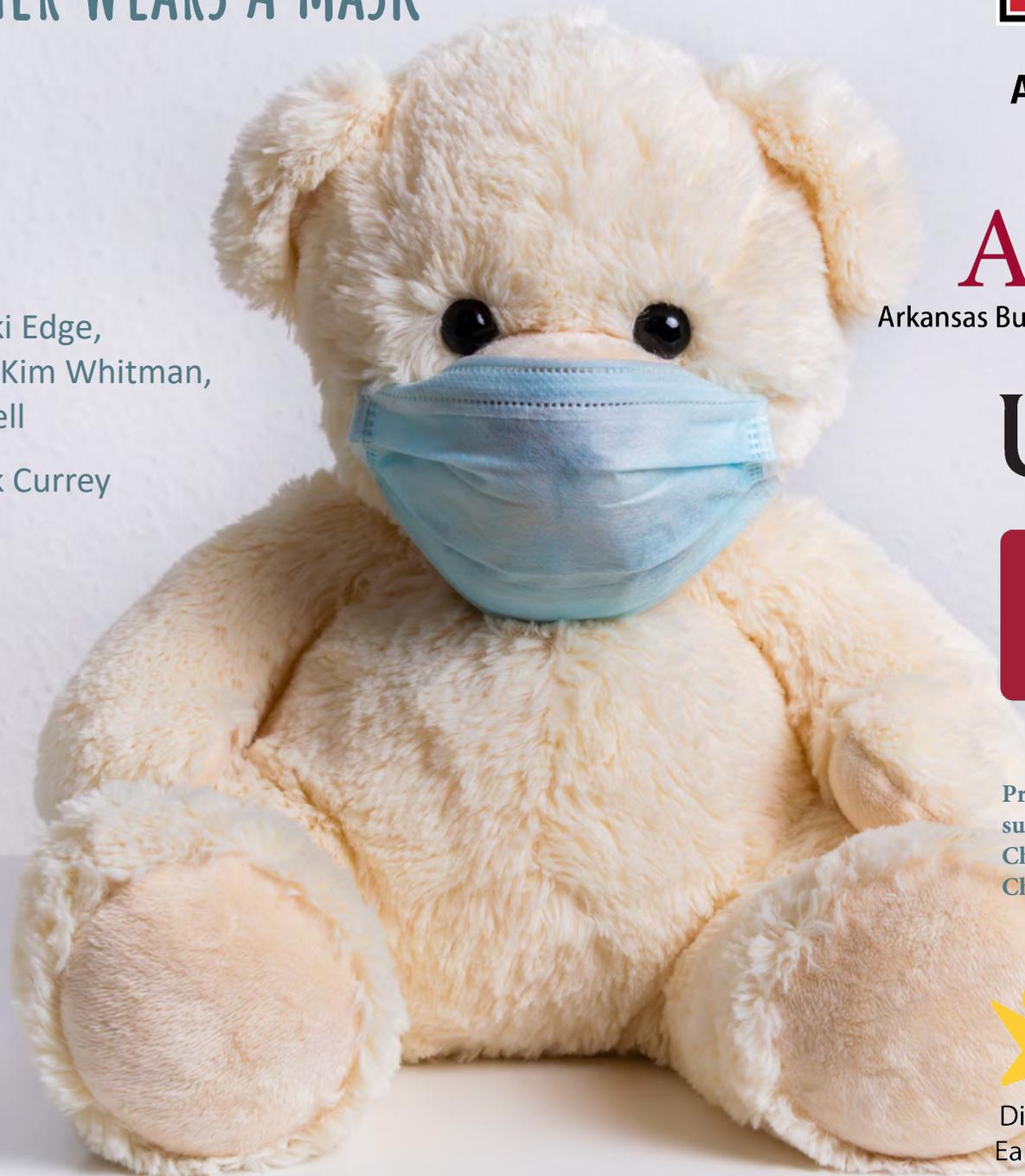


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ARKANSAS STATE  
UNIVERSITY

## ARBEST

Arkansas Building Effective Services for Trauma

## UAMS



Produced with funding  
support from the Division of  
Child Care and Early  
Childhood Education



Division of Child Care and  
Early Childhood Education