

Why does my teacher wear a mask?

Back to the classroom,
teaching mask positivity to young children.



NEW MEXICO

Early Childhood

Education & Care Department



THE UNIVERSITY OF
NEW MEXICO

Early Childhood Services Center

Many Thanks

Inspiration for this text comes from
the creators of
"My Teacher Wears A Mask"
at Arkansas State University
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and Leslie Corbell
Design by: Mark Curry





1 My teachers are special. They help keep me safe.



My teacher
keeps me safe
by wearing a
mask.

My teachers
know a lot.
They know masks
help keep us safe
from germs that
may make us sick.





My teachers
are kind.
They want
everyone to be
healthy.
Masks help keep
all of us healthy.

My teachers are happy. They have many fun toys and activities for us to do together. While we play, my teacher wears a mask.





My teacher
always smiles at
me. I see my
teacher's smile
in her eyes.

My teacher is
friendly. We run
and play and laugh.
I love to hear my
teacher laugh.





My teacher wears
a mask so we
can stay safe and
play together
everyday.

My teacher helps
me remember
to wear my mask.
I wear a mask
to keep
everyone safe.





I see people
wearing masks
everywhere. I am
glad my teachers
are wearing masks.
It makes me
feel safe.

I told my family that
my teacher wears a
mask at school to keep
me safe. My family
wears masks too. We
all wear masks to stay
safe from germs.





Strategies for teaching mask positivity to children. These ideas come from Arkansas State's "My Teacher Wears a Mask" project:

- ❑ 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?

Strategies for teaching mask positivity to children. These ideas come from Arkansas State's "My Teacher Wears a Mask". Teachers can use an intentional connecting ritual with children. This activity lets children know 'I am still me' even with a mask on.

Teacher begins ritual with 3 breaths, so teacher is completely composed before beginning ritual.

I see _____ (cover eyes, then uncover eyes and say child's name)

You see _____ (point to self, say name and smile)

I see _____ (cover eyes, then uncover eyes and say child's name)

You see _____ (point to self, say name and smile)

I'm wearing a mask to keep you safe (point to child)

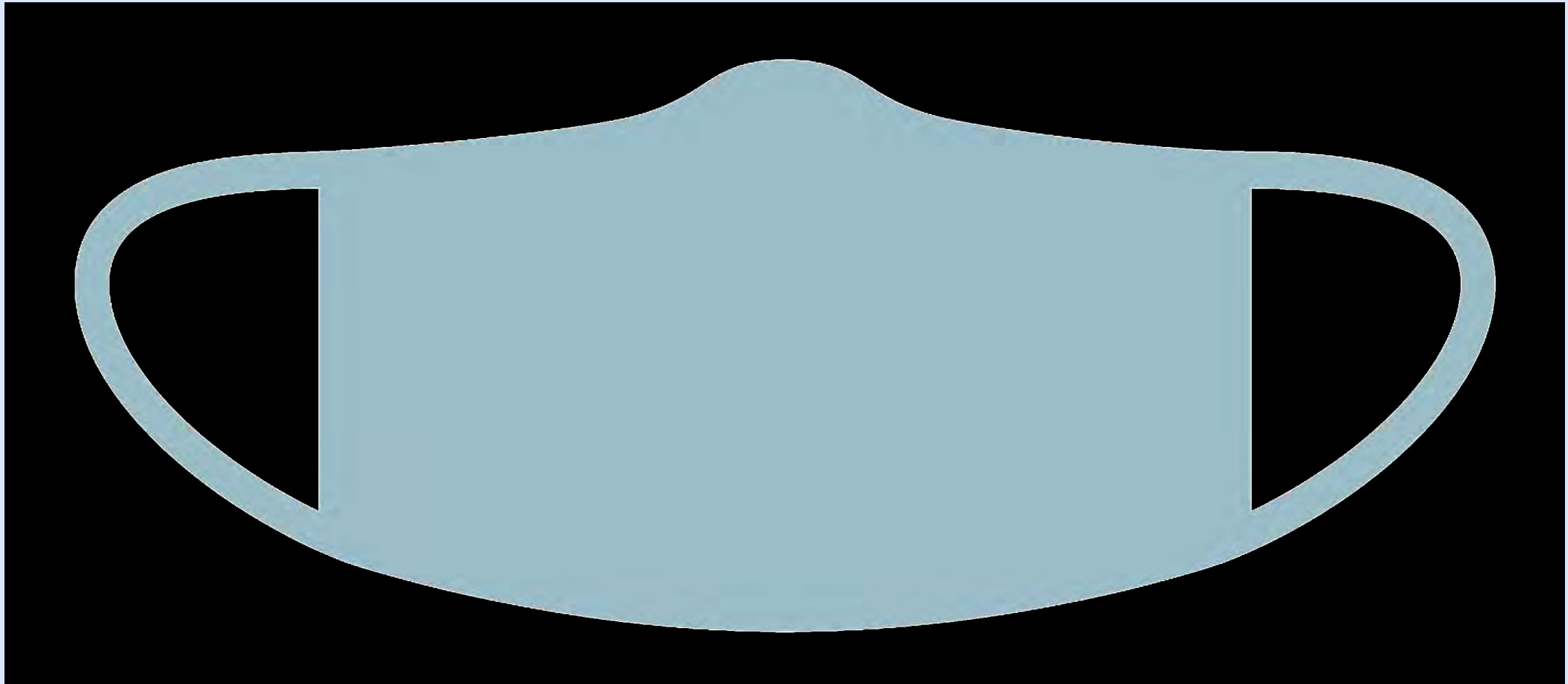
You're safe!

I'm wearing a mask to keep me safe (point to self)

I'm safe!



Mask template for activities



More Resources

Please visit www.newmexicokids.org for more “Home Learning Resources” for families and children:

<http://www.newmexicokids.org/resources/>

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Our Gratitude

New Mexico Early Childhood Education & Care Department and UNM Early Childhood Services Center would like to thank the following Early Childhood Professionals for their help on this project:

Natasha Baca

Glenda Garcia

Michelle Garcia

Andrea Gonzales

Delana Le

Roberto Mendez

Sandra Lara Miranda

Carmen Rausch

Roberta Sais

Kathy Salas

Mackenzie Shoemake

Cliff Shubs

Paola A. Viramontes

Funded by:



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Early Childhood

Education & Care Department

And special thanks to all of the Early Childhood Professionals who sent in images for this project