Why does my teacher wear a mask?

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

Inspiration for this text comes from the creators of “My Teacher Wears A Mask” at Arkansas State University
Written by: Nikki Edge, Melissa Sutton, Kim Whitman, and Leslie Corbell
Design by: Mark Curry
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, it’s 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

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

Funded by:
New Mexico Early Childhood Education & Care Department