

## Mask Wearing Suggestions

1. Practice wearing masks at home on e-learning days and the weekend. Have children wear a mask while they play a fun game, do an activity that they like, or watch a favorite show on tv.
2. Help children make masks for their favorite toys/stuffed animals.
3. Face Mask Extenders or Ear Savers can be found online on sites like Amazon or Etsy. These put the pressure on the back of the head (like straps for glasses) instead of on the backs of the ears. This might make it more comfortable for the child and feel better on them.
4. Encourage children to pick out which of their masks they are going to wear the next day. This might help give them a sense of control over the situation.
5. Allow children to bring a couple of masks to school so they can change it out if they need to.
6. Create a reward system so the child can get rewarded when they do wear a mask consistently.
7. Youtube video: "It's so important to wear a mask" explains why we wear masks.  
<https://youtu.be/AAunPZit2XU>. (4 min)
8. Youtube video: "Wearing a mask helps stop the spread of germs".  
<https://youtu.be/OLO1GNXKmNE> (1 min)