

ENCOURAGING YOUNGER STUDENTS TO WEAR MASKS



Together, we can help students become more comfortable wearing masks! Students in Grades 4 and up are required to wear non-medical face masks when indoors at school, while students in Kindergarten to Grade 3 are encouraged to wear masks in indoor spaces.

How Can Families Help Kids Wear a Mask?

- **Teach kids to wear masks properly.** Teach them how to put masks on and take them off, washing their hands before and after.
- **Encourage kids to personalize their masks.** If kids get to choose their own masks, they may be more likely to wear them. There are no-sew masks that are easy to make, with T-shirts, bandannas or socks. If you sew, kids could select the fabric for their masks. Kids can also draw or colour on most cloth masks.
- **Help make it fun.** With younger kids, introduce a sense of play. Kids can pretend to be a doctor or nurse while wearing their masks and “take care” of a stuffed animal or doll, or put masks on stuffed animals or other toys.
- **Practice.** As much as you can, give kids time to practice wearing their masks before they need to wear one at school. You can ask your child to practice wearing their mask while doing every day activities like riding in the car, watching a video or TV show, painting a picture, or playing board games or video games.
- **Explain the upside.** Focus on the good that masks can do and how everyone is doing extra things, like wearing a mask, to stop germs from spreading.

**Adapted from kidshealth.org*

Here are some fun videos about masks for younger children:

<https://youtu.be/iE6L-4tO-rs>

<https://youtu.be/a9QTxUkIE0w>

<https://youtu.be/sSOUx-73S4I>

Here's a helpful video about wearing a mask properly from the Haliburton Kawartha Pine Ridge District Health Unit:

<https://www.youtube.com/watch?v=lc1mqyPCOpo>



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www.kprschools.ca