We All Wear Masks

A Social Skills Story by Ms. Debbie
Coronavirus is making a lot of people sick.

I don’t want to get sick.
I don’t want my friends and family to get sick.

I will wear a mask to protect myself, my friends, my family, and my community.

My friends and family have to wear masks too!
Wearing a mask might feel funny on my face.

It may take time for me to get used to wearing a mask, and that’s okay.

I can get used to a mask by wearing it at home.

I can get used to a mask by playing pretend with my toys.
I can wear a homemade mask or a mask from the store.

The mask I wear will cover my mouth and my nose.

I will only touch my mask to put it on and take it off.

I will wash or sanitize my hands if I accidentally touch my mask.

I can ask a parent or teacher if I need to take a break from wearing a mask.
I will wear a mask
    on the bus,
    while at school,
    when playing at the park,
    at the grocery store,
    anytime I am indoors,
    and anytime I am near other people.

My classmates, bus driver, and teachers will be wearing a mask too!

I **do not** have to wear a mask when I am at home.
Wearing a mask feels funny on my face.

It may take time for me to get used to wearing a mask, and that’s okay.

My friends, family, teacher, and classmates will be wearing a mask too.

I like that I can take off my mask at home.
Wearing a mask can be hard. It takes time for me to get used to new things, and that’s okay.

It is important to wear a mask so that I can help keep myself, my family, my friends, and my community healthy.

THE END!