

Here we consider **Masks in a Playful Manner**. Our aim is to help sensitive children get used to the idea of a face covering, whether it covers the eyes, the mouth or the entire face.

Masks do a serious job in prevent GERM transfer but that doesn't mean we can't have some FUN with them ...

## Paper Plate Face Masks

**For a mask that ties / fits onto the face ...**

**You will need:**

- Paper Plate.
- Paints or crayons.
- Pipe cleaner or string.

*Optional* bits for extra decoration:

- Toilet paper roll.
- Glitter.
- Glue.



### What to do:

- Start by cutting out the shape. Perhaps try a full-face mask, using the entire round plate, but if your child does not like the way that it feels, shorten it to a half mask.
- Cut two holes for eyes.
  - **Tip:** cutting a hole for the nose may help your child tolerate a full-face mask. Making their favourite superhero or animal may help too.
- Let your child paint / colour / decorate the mask.
- *Optional:* Once dried, have your child stamp the mask with a toilet paper roll and glue. Then sprinkle the glitter on top. It will affix to the glue and the rest can be brushed off.
- Punch two holes on either side of the mask and thread pipe cleaners or string through them.
- Connect the pipe cleaners to fit over the ears, like glasses do. Or use the string to tie all the way around the head.



### For a hand-held mask ...

- Tape a sturdy straw or a stick of some sort (ice cream stick / wooden spatula) to the mask ...



# DIY Face Masks

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Face masks help with tactile desensitization – and these ones taste nice. The products selected are good for the skin. Mom and Dad may like to join the incredible, edible spa moment ...



## CHOCOLATE FACE MASK:

- ½ cup of unsweetened cocoa.
  - ½ cup of plain yoghurt.
  - ¼ cup of honey.
  - Face towels.
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- **Step 1:** Mix together the cocoa, yoghurt and honey.
  - **Step 2:** Apply the mask to face while avoiding the eye area.
  - **Step 3:** Relax and let the mask sit for 5-10 minutes before rinsing off with warm water and drying with a towel.



## BANANARAMA FACE MASK:

- 3 ripe bananas
  - ¾ cup of plain yoghurt
  - 3 tablespoons of honey
  - Face towels
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- **Step 1:** Mash the bananas and then add the yoghurt and honey.
  - Continue with **Step 2 and 3** as above.





# Face Masks, the real deal

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We desensitize our children with fun-time masks to prepare them for the 'real deal' anti-covid-19 masks they must wear in public.

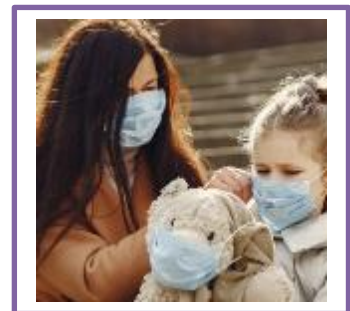


## Getting your child used to face masks:

- Model the wearing of face masks and have your seniors and any siblings do the same. Show it is okay.
- Let your child practice putting on and taking off their face mask.
- Stand in front of the mirror with the face coverings on and chat about what you see and why they are needed. Take some fun photos to look at / show the family, if your child is willing to be photographed.
- Show your child pictures of other children their age wearing face masks.
- If your child enjoys drawing, have them draw the family or themselves wearing masks. Or you might print out a family photo and ask your child to draw a colourful mask on everyone, to keep them safe.

## Personalise the child's mask and give them some control:

- Let your child decorate and/or otherwise personalise their mask.
- Have them put a cloth face covering on a favourite stuffed animal. Let them be in charge: "My Mr. Teddy has to wear a mask too".



## Minimise discomfort:

- If needed, experiment with a few masks to find one that fits most comfortably.
- If your child does not like the feeling of the mask around their ears, sew buttons to their headband / cap and link the mask around them.

