

I can wear a face mask safely!

Using the Protective Behaviours Strategy of Protective Interruption

This useful poster by Elise Gravel can be used to help children think about how they can wear a face mask safely and effectively. We can practise at home where it is safe to make mistakes until we get it right. If children are involved in making their mask they may be more invested in wearing it – maybe the ‘no sew sock face mask’ would work for your children? A cotton mask may not be so hot though! At the moment (May 26 2020) there is no guidance suggesting children should wear face masks in schools when they go back, however if they are somewhere where distancing is not possible and they may be mixing with people they don’t know, it is advised. It wouldn’t hurt to be prepared – I think they may have some fun with it.

The poster can be found here:

<http://elisegravel.com/en/blog/olga-explains-how-to-wear-a-mask/>



A pattern for face masks of different sizes can be found here:

<https://www.craftpassion.com/face-mask-sewing-pattern/>

If you don't have a sewing machine you may like to try a no sew mask, there are lots of examples of ways to make a mask out of a sock, you can see some here:

https://www.youtube.com/watch?v=RSqTn_L6fmc

<https://www.youtube.com/watch?v=lybOKHT4cKQ>