

I Can Wear a Mask Game!

Help your child learn to wear a mask for a quick errand or other necessary outing. Play the mask game 1-3 times per day, moving a little further through the steps each time. Use the game board to track your child's progress.

1. Play with the mask! Touch it, kiss it, rub it on your child's cheeks.
2. Help your child place the mask on a stuffed animal or doll. Let your child place the mask on your face.
3. Help your child place the mask over their mouth.
4. Help your child use their hands to hold the mask over their nose and mouth.
5. Help your child secure the mask behind their head and let go!
6. Help your child keep the mask on for increasing periods of time. You can count down at first, then use a timer.

Hints and Tips

Use a mask that is your child's favorite color or has a favorite character.

If your child asks to remove the mask at any time, let them!

Provide praise, access to fun activities, and treats while your child is playing cooperatively

Save a fun, preferred activity, like a show or game for your child to enjoy only while wearing the mask. Stop the activity when they take the mask off.

Model the steps for your child - have fun playing the game with them!

It is ok to go back to a previous step if your child is struggling.

There is no "correct" amount of time to work on each step. Move through the steps at a pace that makes sense for your child.

Have Fun!

I can kiss
my
mask!

I wear my
mask for 1
minute!

I wear my
mask for 3
minutes

I can put
my mask
on my doll!

I wear my
mask on
my face!

I wear my
mask for 5
minutes

I can put
my mask
on my
parent!

I wear my
mask over
my mouth
AND nose!

I wear
my mask
while I
am out!

I wear my
mask on
my mouth!