

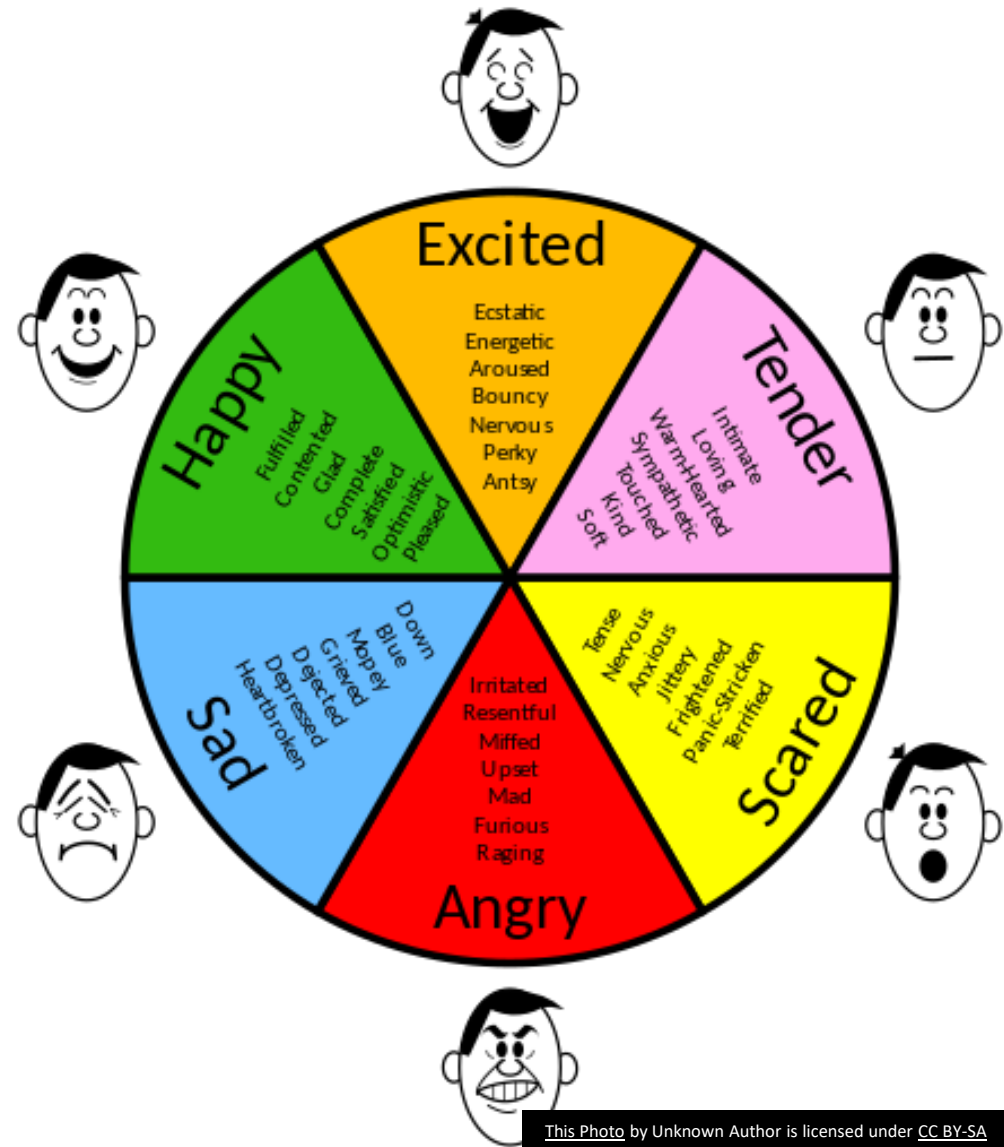
Wearing
a Mask
at School




Times are
changing...

- As of March 12th, it is no longer mandatory to wear masks at school.

How are you
feeling about
this change?





Every feeling
is ok.

NAME IT TO TAME IT

1	2	3
STOP	NAME THAT FEELING	CALM DOWN
Pause. How do you feel? How does your body feel? Take a moment to assess before reacting.	The very act of labeling a feeling will help to release the grip it has on you.	Breathe. Until your nervous system deactivates, it will be difficult to think clearly.



We have a choice.

You can choose
to wear a
mask.

You can choose
to not wear a
mask.

You can choose
to wear a mask
in some places.

We also each have our own reason for our choice.

Family reasons

Social comfort

Health concerns



Be curious, not
judgmental.

Walt Whitman

“ quote fancy



How we can be kind to others

Respect

We are open to and accept others' choices.

Remind

We all have reasons for our choices.

Refrain

We refrain or avoid judging others.

Optional: Talk through some examples

- Instead of saying “Why are they still wearing their masks?”
- Say “I like not wearing a mask, and I wonder how I can support my friends who are choosing to still wear one.”

Optional: Talk through some examples

- Instead of saying “Why are they not wearing their masks?”
- Say “I like wearing a mask as I'm so used to it at this point. I wonder how my friends have gotten more comfortable not wearing one.”

Optional: Talk through some examples

- Have students offer examples they are thinking about.