

# Face Mask Guidelines and Teaching Procedures

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# Wearing a mask can be scary...

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Some things can make it more aversive:

- Forcing a person to wear a mask
- Wearing their mask for too long, without breaks
- A mask that is uncomfortable (too tight, too loose, the material, smell, if it is wet or dirty, etc.)
- When student has not been primed of expectations
- When student has not been given choices



# Baseline:

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- Identify your student's baseline
  - How comfortable are they with wearing a mask (won't wear it all all? Wears it for a few seconds? Wears it, but not over their nose? Wears it for a few minutes, then needs a break?)
  - This information will give you an idea of where you will start/ how you will introduce this skill.
- You can get this information by both communicating with parents/ caregivers and also asking your student to try wearing their mask at school.



# Before you start teaching

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Consider the following

1. Talking to your student about mask wearing
2. How will you provide choices?
3. Ways to make it more enjoyable
4. The steps
5. Prompting and moving through the steps
6. Reinforcement



# Talking to your students

- If applicable or appropriate, give them a brief explanation of why we should wear a mask.
  - A conversation
  - A social story (written or visual)
  - A video



# How will you provide choices?

- Type of Mask:
  - Material
  - Loops vs. Ties
  - Design
  - Smell
- What they want to earn for wearing their mask.
- Increase other choice making opportunities throughout their day.



# Ways to make it more enjoyable

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- While wearing the mask, allow them to hold preferred putty, fidgets, etc. to keep their hands busy.
- Take mask breaks! Once you are practicing wearing the mask for longer periods of time (have times built into your day/ teaching sessions where you give your student more space and allow them to pull mask down for few minutes, this a good time to allow access to reinforcement.



# Face Masks: Suggested Steps

If student is not able to wear mask for 15 + minutes, prompt/ practice the current step every 15 minutes.

1. Holds mask and touches to his/her face (30 s)
2. Holds mask and touches to his/her face (1 m)
3. Wears mask on one ear (1 min)
4. Wears mask on both ears, below chin (1 min)
5. Wears mask on both ears, over bottom lip (1 min)
6. Wears mask on both ears, over lips (1 min)
7. Wears mask on both ears, over mouth and nose (30 s)
8. Wears mask on both ears, over mouth and nose (1 min)
9. Wears mask on both ears, over mouth and nose (5 min)
10. Wears mask on both ears, over mouth and nose (10 min)
11. Wears mask on both ears, over mouth and nose (15 min)
12. 15 min +

\*always follow response plan and current county/school policies regarding face masks.



# Face Masks: Moving Through the steps

- How fast or slow you move through the steps will depend on your student
  - It is ok to skip a step if your student is able to complete future steps without practicing smaller steps.
  - Do not move to next step unless your student is able to complete the current step on their own, without engaging in challenging behavior.
  - If your student does begin to engage in challenging behavior (protesting, taking mask off, crying/whining, etc.) provide a suggested reminder, or prompt mentioned on the next slide. If challenging behavior continues, moved back a step. You want to end on a successful note. \*follow response plan if necessary
  - You may find that you need to break down the steps even further than listed below, that is ok!



# Face Masks: Ways to prompt

- Priming (“We are going to wear our masks for 3 minutes...”)
- Model the expectations
- Using visuals
- Using a timer or a countdown
- Provide reminders and encouragement (“You are doing great, “2 more minutes.”)



# Face Masks: Reinforcement

- Think about things your student would want to earn/work for (snacks, apps, games, attention, etc.) have these items readily available when practicing wearing a mask.
- Allow student choice of items they would like to each time you practice.
- Give time IMMEDIATELY after student successfully meets mask wearing requirements.
- Provide praise and attention for success and pair yourself with their preferred activity. (“You did it! Let’s watch Trolls for 5 minutes!” Great job, let’s play a game!”



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