HOW TO: Using a Token Board for Mask Wearing

Establish Parameters

1. Identify how often your child will earn a token (For example: the child will get a token for every minute he/she correctly wears a mask during remote instruction.)
2. Verbally and <u>visually</u> communicate how the child will earn each token. (For example, place a picture of mask wearing on the token board)
3. Select highly preferred items/activities (rewards) that the child will receive IMMEDIATELY after he/she earns 5 tokens (For example, a hug, tickles, an M&M, play with a doll, etc.)

Prior to beginning Remote Instruction or other activity,

1. Have your child choose which highly preferred item/activity that he/she is working for
2. Have a visual reminder of the item/activity that your child is working for (For example, have the item close where the child can see it but cannot access it or use a picture to represent the item/activity)
3. Place the token board in a visually available location throughout the activity

When your child has earned a token,

1. Verbally praise your child while handing him/her a token
2. Provide hand over hand assistance to put the token on the board if needed

If your child is unsuccessful (i.e. removes mask, pulls it down under his/her nose),

1. Stop your one minute timer
2. Remind your child what he/she is working for by pointing to the visual representation of the reward and stating "What are we working for? Mask on."
3. Provide physical assistance if needed
4. Avoid providing multiple verbal prompts
5. Once the mask is repositioned, restart timer (or reset the timer if appropriate)

Helpful Strategies

1. Read mask wearing social story prior to placing this demand
2. Use Modeling (wear a mask yourself) while this expectation is on your child
3. Place a picture of the child's favorite character/animal/etc. wearing a mask near your child. A verbal prompt could be "Let's wear the mask like "Mickey!"
4. Use a timer to identify each time your child is successful with mask wearing
5. Do not provide any of the preferred items/activities your child identified if not earned