

PBIS Lesson Plan – Mask Wearing

Materials Needed:

- Space where individuals can sit in a circle with *at least* arm's length distance between them (more distance between individuals if space allows).
- Mask Wearing Poster
- Mask

Open:

1. Transition individuals into the activity by saying "It's time for group" and direct individuals to sit in a circle with *at least* an arm's length distance between each person
2. Gain the group's attention (e.g., say "1-2-3 eyes on me")
3. [Say] "Let's review the expectations for group."
 - "It is important to be safe, responsible, and respectful during group."
 - "We can be safe by keeping our hands and feet to ourselves and staying in our assigned seat."
 - "We can be responsible by following directions, participating in the activity, and asking for help if frustrated."
 - "We can be respectful by listening while others are speaking, raising our hand to participate, and using positive comments and gestures."
4. [Say]
 - "Today, we are going to talk about safe and effective ways to wear a mask."
 - "Wearing a mask that covers our nose and mouth can help to prevent the spread of COVID-19."
 - "Wearing a mask helps to keep you and everyone around you healthy and safe."

Conduct:

5. [Say]
 - "You may have heard that there is a virus going around right now called the Coronavirus or COVID-19."
 - "The Coronavirus is like having a cold or the flu virus – people have a fever and cough."
 - "The Coronavirus can be spread by respiratory droplets that come out of people's noses and mouths."
 - "We can all work together to stay healthy by wearing our masks correctly and consistently."
 - "Let's talk about why you should wear your mask."
 - "Wearing a mask can help stop respiratory droplets from entering the air, landing on surfaces, and landing on other people. These respiratory droplets can be big or small, sometimes so small that we can't even see them. When we wear a mask over our nose and mouth, any droplets coming from those areas are caught by the mask, which stops them from getting on anything or anyone else around us."
 - "Now let's talk about how you should wear your mask."
 - *[Show sample mask]* "A mask has to be worn over your nose AND mouth in order to be effective. The mask should fit snugly but comfortably against the side of your face. It should be secured with ties or ear loops. While you are wearing the mask you should be able to breathe normally."
 - "Finally, we are going to talk about when you should wear your mask."

- “Since we all live and work close together, it is important to wear your mask as often as possible, but especially when you are around other people.”
- [Show poster]
- “You should wear your mask when...
 - When you are around other people,
 - When you are inside near other people,
 - When you are outside near other people, and
 - When you are in a vehicle with other people.”
- “You DON’T have to wear your mask...
 - While you are eating,
 - While you are showering,
 - While you are in the bathroom alone,
 - While you are in your bedroom alone, and
 - While in you are sleeping.”
- “If you need a quick break from wearing your mask, tell a staff and they can take you to a space that is away from others where you can remove your mask for a minute.”
- “To help prevent the spread of the Coronavirus, we are going to be wearing our masks as often as possible.”

Close:

6. [Say]
 - “Today we talked about wearing our masks regularly and safely to prevent the spread of the Coronavirus.”
 - “We can keep ourselves and everyone around us healthy and safe by wearing our masks.”
7. Conduct activity/location transition
 - Give a transition reminder (1-5 minutes before transition to new activity)
 - If it’s the end of the block, process individual’s point cards.
 - Give directions for transition.
 - Actively supervise individuals during the transition by moving, scanning, and interacting.
 - Review expectations / give directions for next activity / location.

**STAY HEALTHY!
WEAR A MASK!**



**When to Wear
Your Mask**

When you are around other people.



When you are inside near other people.



When you are outside near other people.



When you are in a vehicle with other people.



**When NOT to
Wear Your Mask**

When you are eating.



When you are showering.



When you are in the bathroom alone.



When you are in your bedroom alone and when you are sleeping.

