

# MASKS & GLOVES

## A PRINTABLE STORY

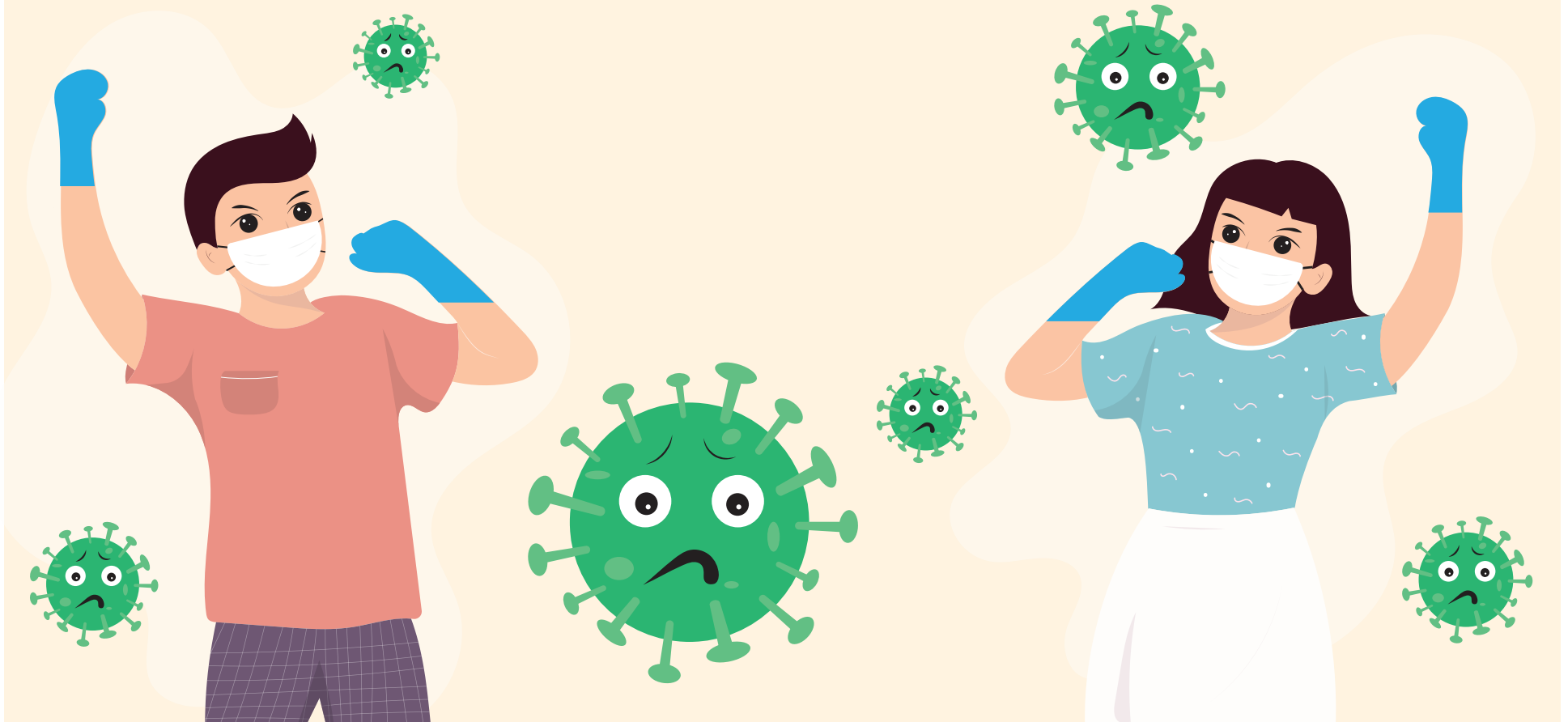
**To prevent the spread of COVID-19, many people are wearing masks and gloves. This is increasingly true in light of the CDC's recent recommendation that individuals wear masks in public. For children, this can be both confusing and scary. This story helps you answer questions and soothe anxiety related to masks and gloves.**

Written by Conscious Discipline Certified Instructor Abbi Kruse, the printable story explains why people are wearing masks and gloves in reassuring, age-appropriate language. The PDF also includes an activity to help children understand that masks are not scary.

When we feel worried ourselves, talking to children about complex and challenging situations is especially tough. This colorful story gives you the age-appropriate information and comforting language you need, along with helpful strategies to carry you through these unusual times.

Remember, too, that reading a story can always represent a precious moment of connection. Be present as you read the story with your child, enjoying your time together. Connection translates into increased cooperation, willingness, and impulse control. During these unprecedented times, connection with our loved ones is more valuable than ever.

# Masks & Gloves



Created by Abbi Kruse & The Playing Field, Madison, WI

# Many people are wearing masks and gloves.



# The masks are not part of a costume.



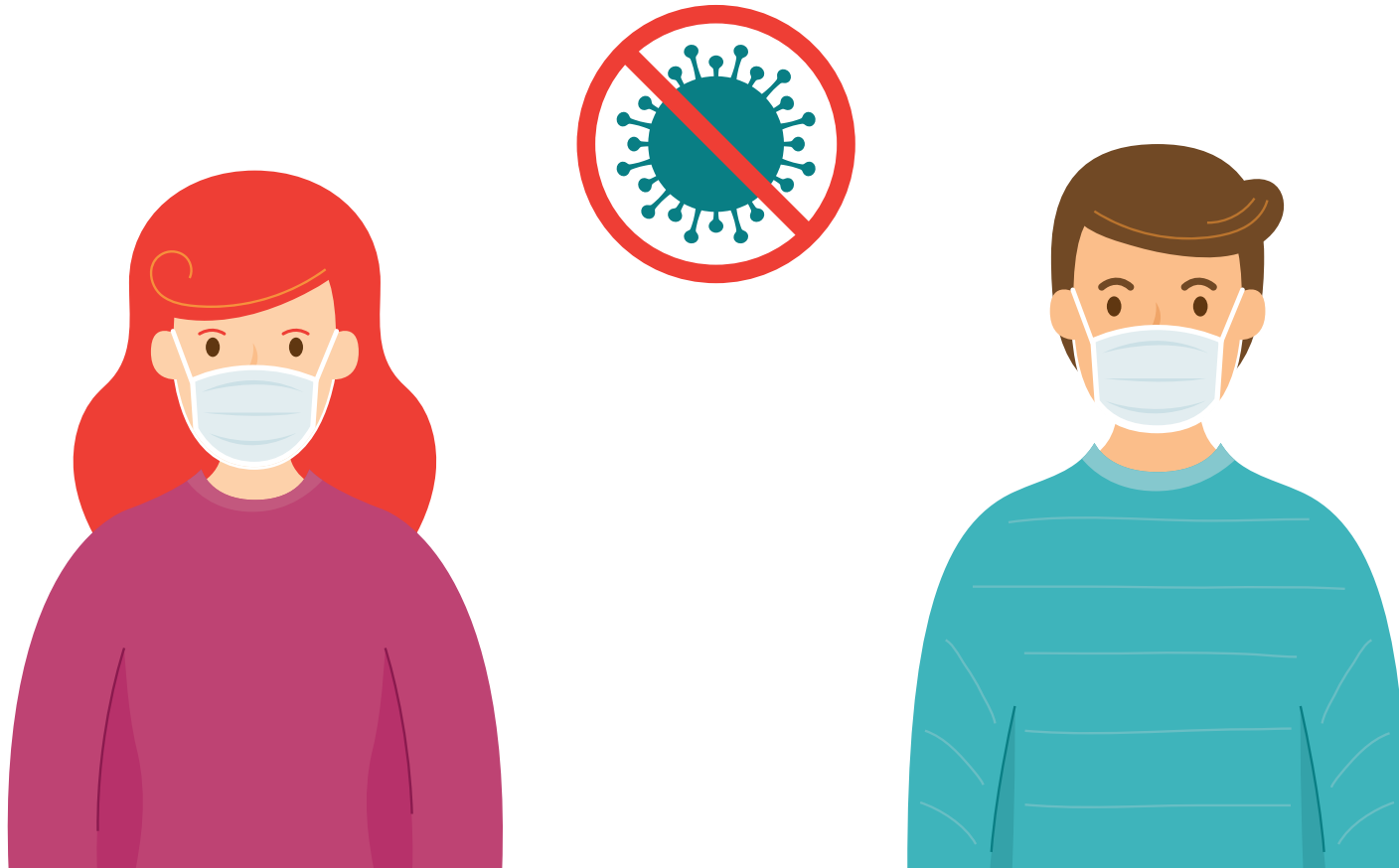
**The gloves are  
different from  
the kind we  
wear to keep our  
hands warm.**



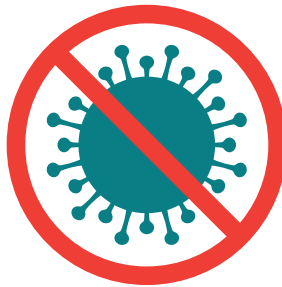
**People are  
wearing masks  
and gloves to  
help them stay  
healthy.**



# Masks help keep germs away from our faces.



**Gloves help  
keep germs  
away from  
our hands.**





# Masks and gloves help people stay healthy and well.



# Activity

Use your printer to print photos of family and friends. Cut out a paper mask and place it over each person's face. Ask your child to identify each person. As they do, remove the mask and say, "Yes! That is \_\_\_\_." Do this activity to help your child understand that the mask does not change who the person is.

