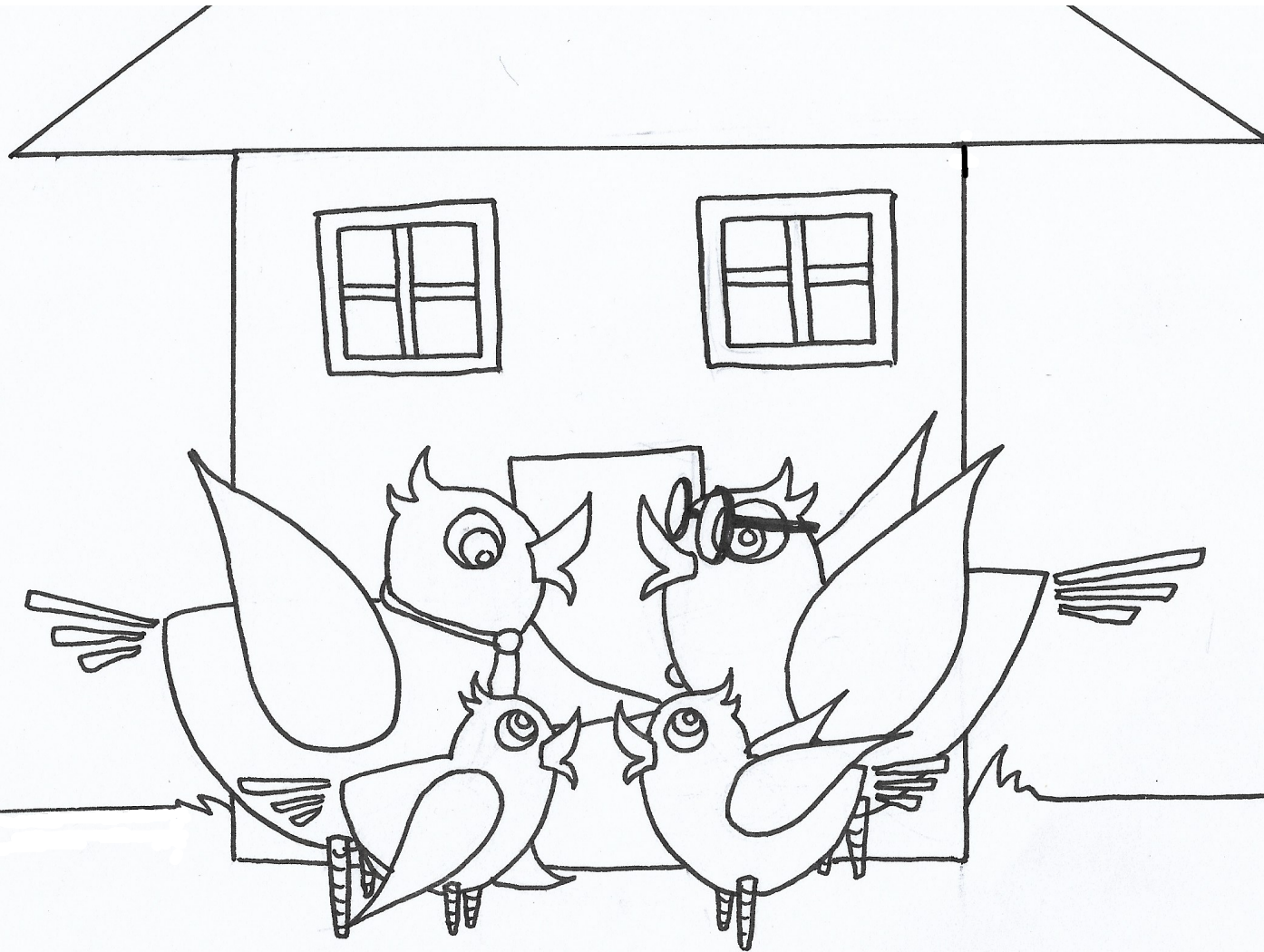


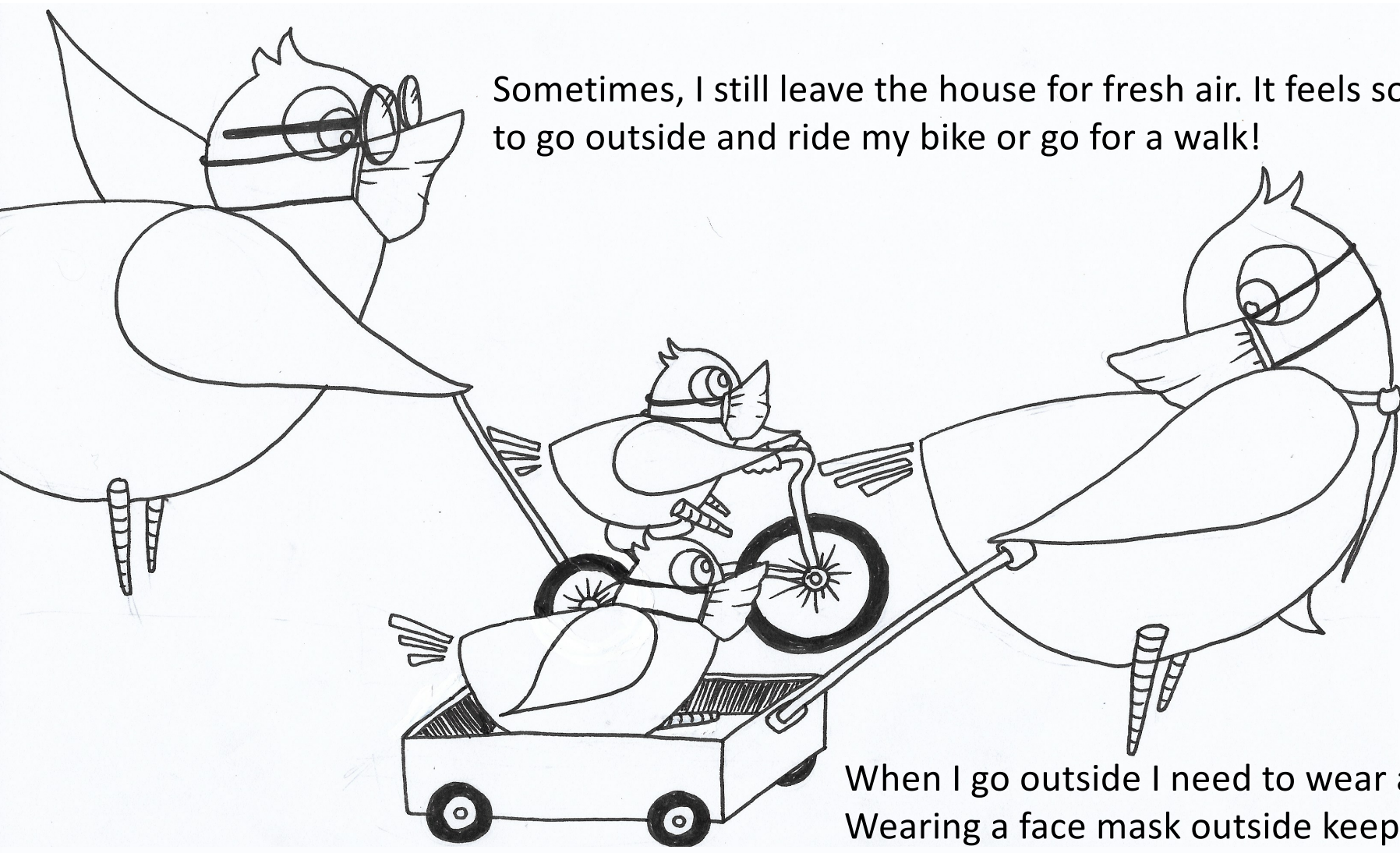
## Wearing a Face Mask

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Illustrator: Linda Maheras MS, OTR/L  
AND YOU!



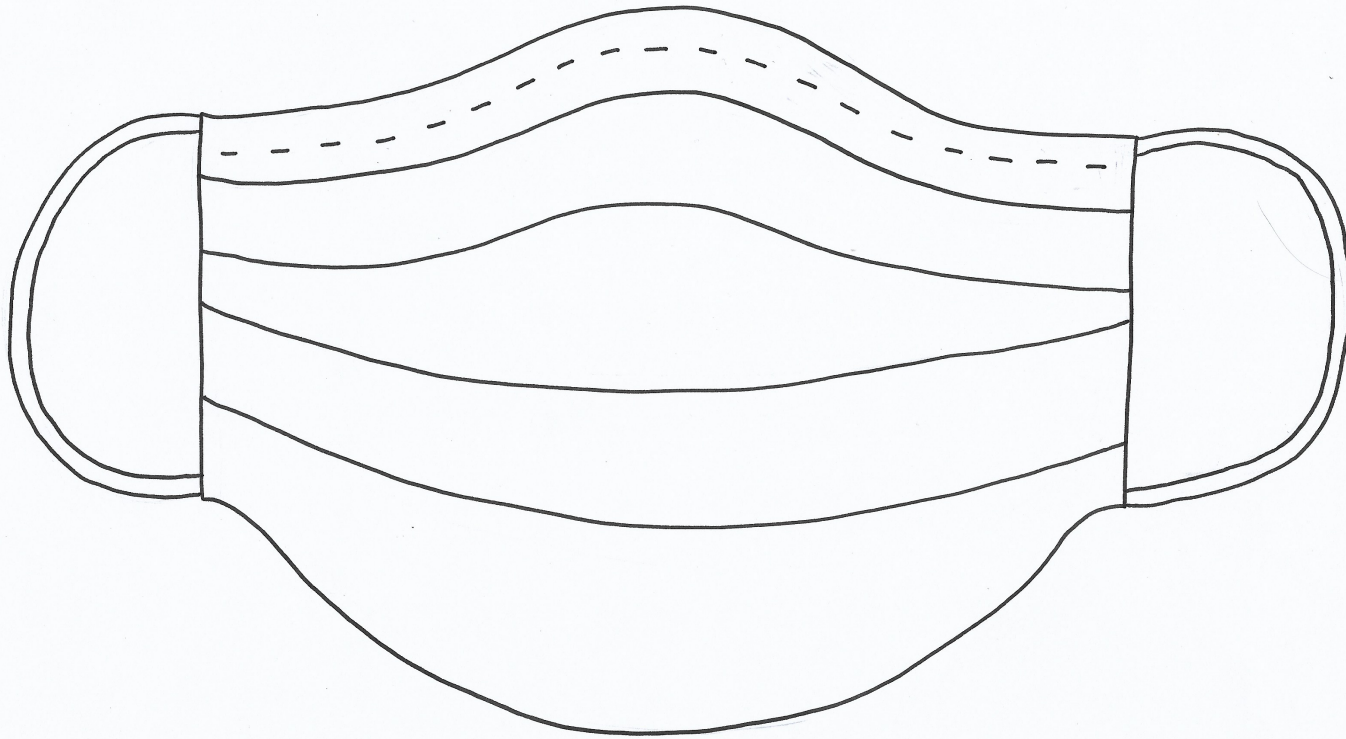
My family and I are staying home because of the coronavirus. The coronavirus makes people sick. Staying home keeps my family, my friends, and myself healthy!



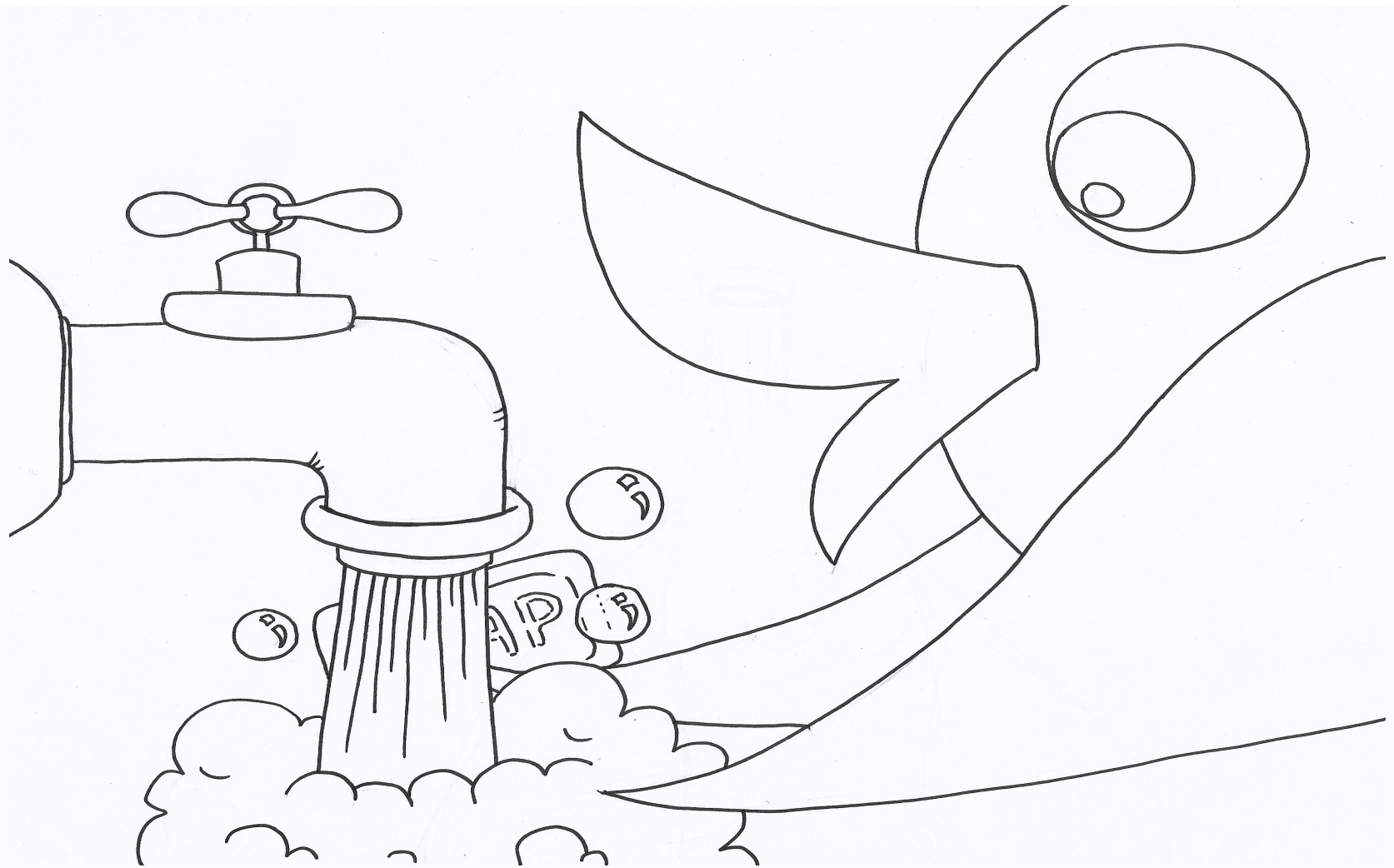


Sometimes, I still leave the house for fresh air. It feels so good to go outside and ride my bike or go for a walk!

When I go outside I need to wear a face mask. Wearing a face mask outside keeps my family, my friends, and myself healthy!



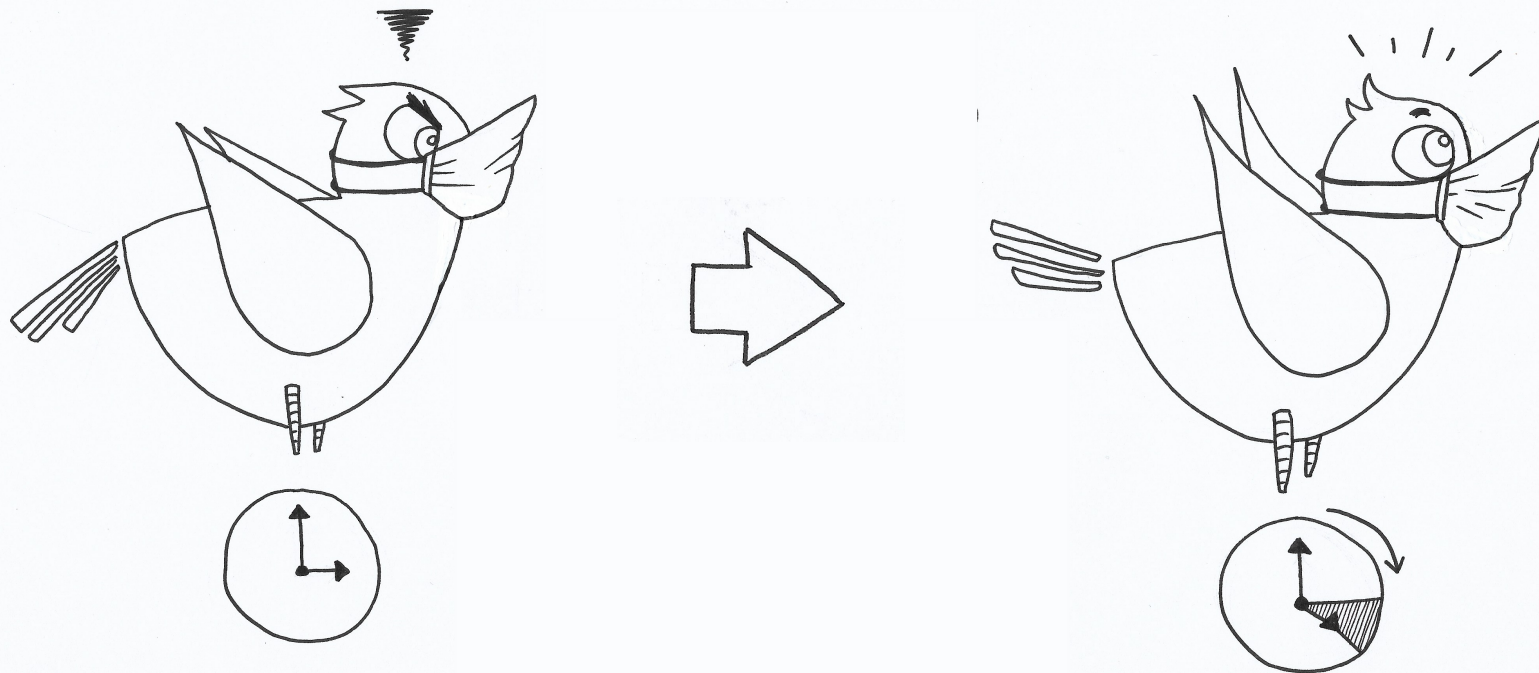
There are a lot of different face masks that I can wear. I can even decorate my mask with my favorite colors or characters!



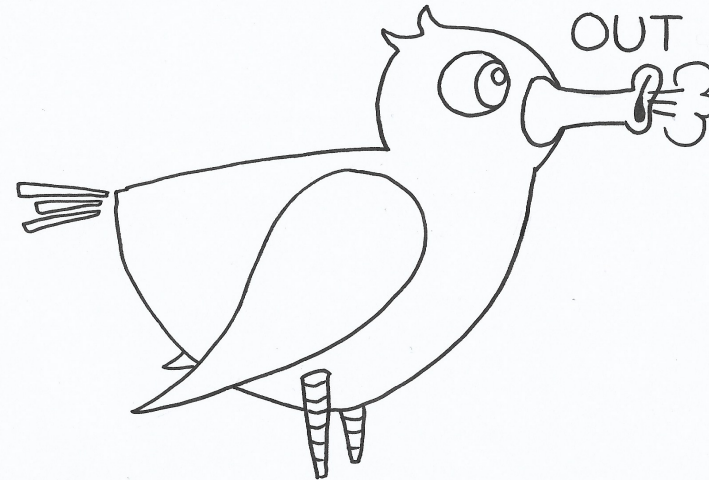
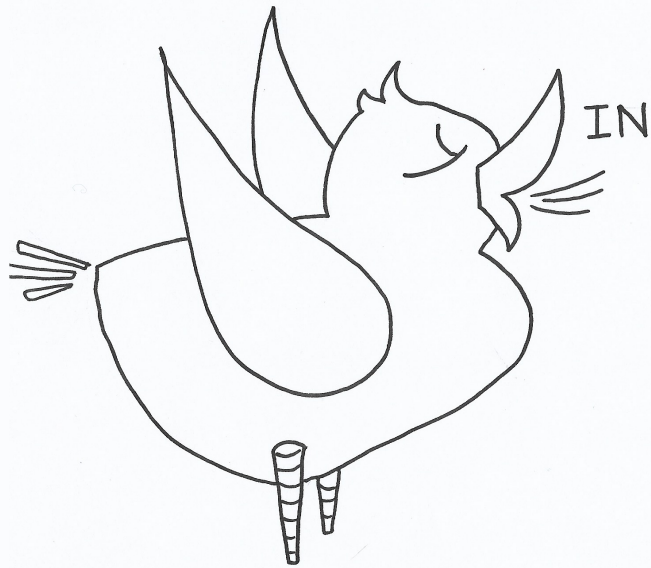
Before I put on my face mask I can wash my hands.



Wearing a face mask is different, and it might feel weird the first time.  
I can take a break from my mask and try again later!

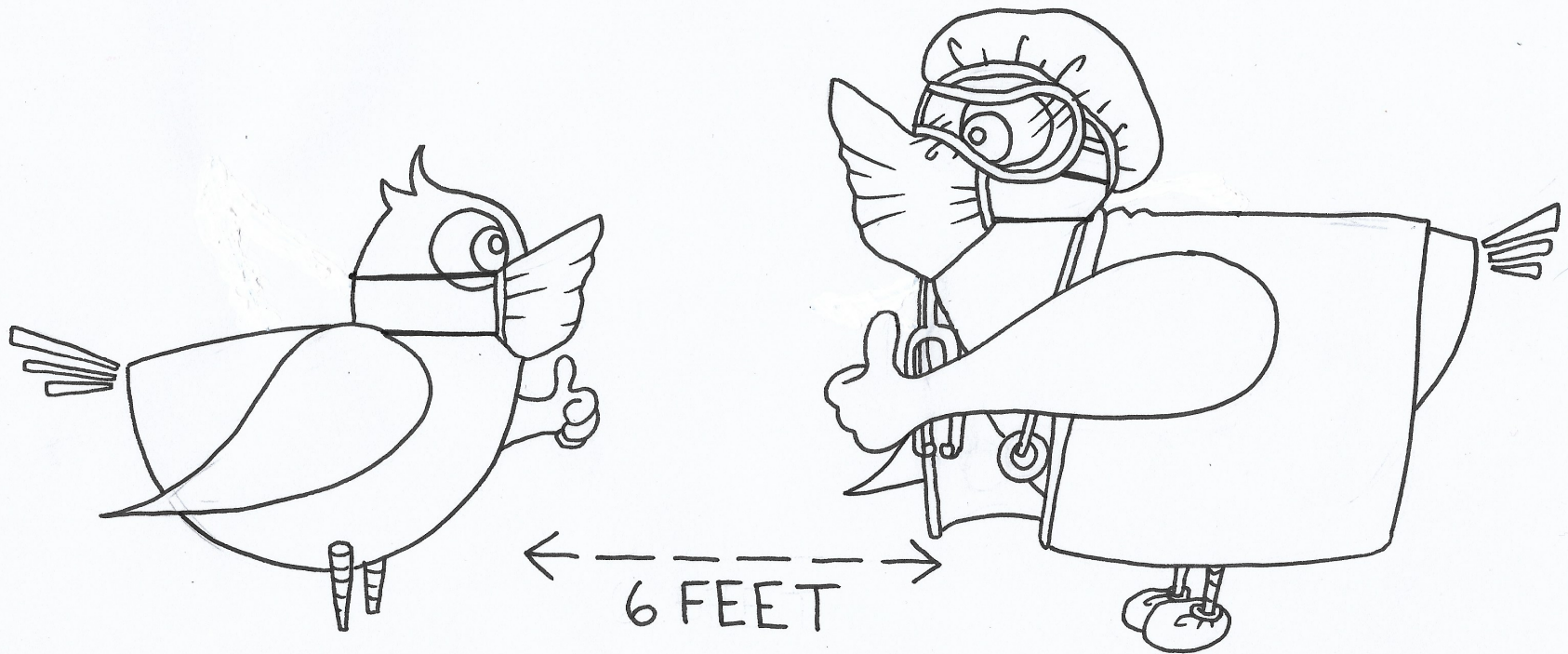


My mask will feel more comfortable if I keep practicing!



1 2 3

If I need a break from my mask, I can calm my body with deep belly breaths or counting before I try again!



When I stay home with my family, and when I wear my mask outside, I help keep my friends, my family, and myself healthy!





# BLUE BIRD DAY

This social story was created by Blue Bird Day therapists for use with all families.