

**Learn. Disrupt. Rebuild@HWDSB: Building a Community of Care
Module 1 – Physical Safety, Mental Health and Wellness**

Lesson #4 – Go With the Flow: Mask it up!
(Primary)

Learning Goal: To understand the importance of proper mask wearing technique.

Key Vocabulary:

SARS-COV-19; COVID 19- is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV. (www.who.int)

Germs: Germs are a group of tiny invaders called “micro-organisms” that can make our bodies sick. Germs are so small and sneaky that they can get into our bodies without being noticed. In fact, germs are so tiny that you need to use a microscope to see them.

Curriculum Links:

The Ontario Curriculum (2006)- Language (Grades 1-3)

Media Literacy (Overall expectations)

3. create a variety of media texts for different purposes and audiences, using appropriate forms, conventions, and techniques

Kindergarten (Self-Regulation and Well-Being)

This frame encompasses children’s learning and development with respect to:

- their own thinking and feelings, and their recognition of and respect for differences in the thinking and feelings of others;
 - regulating their emotions, adapting to distractions, and assessing consequences of actions in a way that enables them to engage in learning;
 - their physical and mental health and wellness. In connection with this frame, it is important for educators to consider:
 - the interrelatedness of children’s self-awareness, sense of self, and ability to self-regulate;
- The role of the learning environment in helping children to be calm, focused, and alert so they are better able to learn. What children learn in connection with this frame allows them to focus, to learn, to respect themselves and others, and to promote well-being in themselves and others.

Tools and Materials:

- Chart paper for anchor charts
- Extra mask for demonstration
- YouTube video https://youtu.be/lnP-uMn6g_U
- Sticky notes
- [Templates for posters](#)
- “How to Safely Wear a Mask or Face Covering” from <https://www.hamilton.ca/coronavirus/face-coverings-and-masks>

- Respiratory etiquette poster from the Public Health Ontario Poster at <https://www.publichealthontario.ca/-/media/documents/C/2013/clincial-office-cough-signage.pdf?la=en>

Student/ Educator Pre-Reflection:

Before engaging in this lesson, consider:

During the pandemic, Public Health agencies have outlined that wearing a non-medical mask inside and in places where physical distancing is not possible has been a good safety measure to curb the spreading of COVID-19 between people.

- How can I motivate my peers to wear a mask when around other people dictated by public health and City of Hamilton by-laws?
- How can I keep myself accountable to following the mask and respiratory etiquette protocol?

Provocation:

Watch the social story about wearing masks at https://youtu.be/lnP-uMn6q_U. Ask students why it is mandatory for all students and staff to wear a mask at school during the Covid 19 pandemic.

Learning Task/Activity:

1. Show students the poster, “How to Safely Wear a Mask or Face Covering” from <https://www.hamilton.ca/coronavirus/face-coverings-and-masks>. **Use an extra mask on top of the mask you are already wearing*** to demonstrate steps 1-6 in the poster as you describe aloud the how safely wear a mask and what not to when wearing the mask in accordance to the poster.

*Explain to students that you are keeping one mask on while using the other mask to demonstrate to ensure you are not spreading germs and making others unsafe.

2. Ask students to share steps 1-6 of how to safely wear a mask in their own words. Record the steps in their own language on chart paper titled “Wearing a Mask Safely.”



3. Next review the respiratory etiquette poster from the Public Health Ontario Poster at <https://www.publichealthontario.ca/-/media/documents/C/2013/clincial-office-cough-signage.pdf?la=en>. Discuss the poster with students. Ask them, “What are the steps for if

you must cough or sneeze?” On a different chart paper, record the student responses about respiratory etiquette with the title “Cover your Cough.”



Consolidation:

Half of the students in the class will make their own posters about wearing a mask properly while the other half will create posters about respiratory etiquette using their own understanding from the discussion, demonstration and information on anchor charts.

[Hand out the templates for one of the posters to each student.](#)

Post all posters in the classroom and have students do a socially distanced gallery walk. During the gallery walk if they have questions or comments about their peer’s posters, they may write them on sticky notes and post them below the posters. Once everyone is back in their seats, students may answer questions regarding their posters from the sticky notes posted by peers.

Students/ Educator Post-Reflection:

The main idea I want to remember or take away from this lesson is..

My next step is...

I need to learn more about...

I am feeling...

Ideas for Going Deeper/Further Resources:

Post the following [poster](#) regarding masks in the classroom from Public Health Canada and have a comparative discussion with students so they connect to their understanding from their own posters.

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HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

-  **DO** wear a non-medical mask or face covering to protect others.
-  **DO** ensure the mask is made of at least two layers of tightly woven fabric.
-  **DO** inspect the mask for tears or holes.
-  **DO** ensure the mask or face covering is clean and dry.
-  **DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
-  **DO** use the ear loops or ties to put on and remove the mask.
-  **DO** ensure your nose and mouth are fully covered.
-  **DO** replace and launder your mask whenever it becomes damp or dirty.
-  **DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
-  **DO** store reusable masks in a clean paper bag until you wear it again.
-  **DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

DON'TS

-  **DON'T** reuse masks that are moist, dirty or damaged.
-  **DON'T** wear a loose mask.
-  **DON'T** touch the mask while wearing it.
-  **DON'T** remove the mask to talk to someone.
-  **DON'T** hang the mask from your neck or ears.
-  **DON'T** share your mask.
-  **DON'T** leave your used mask within the reach of others.

DO YOUR PART.
Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disability that make it difficult to put on or take off a mask.
- Those who have difficulty breathing.
- Children under the age of 2.

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.
Kindness is important as some people may not be able to wear a mask or face covering.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.



Public Health Agency of Canada | Agence de santé publique du Canada | Canada