

Systematic Desensitization: Face Mask

Consider the type of material and style; try different options.



YOUTUBE VIDEOS: youtube.com

*Wear a Mask Song for Kids- Drs.Bop 'n Pop

<https://youtu.be/a9QTxUkIE0w>

*We Wear Masks- Mike McGovern

https://youtu.be/lnP-uMn6q_U

*The Rules of Wearing a Mask- Jessica Aguilar

<https://youtu.be/EQqIVx5FMHY>

Proceed slowly to build trust. If they start to become frustrated, nervous, or upset; please end the trial before problem behavior occurs.

Procedures →→→→→ 1-2 times per day	P1: TOUCH MASK WITH HANDS	P2: MOVE MASK CLOSER TO CHEEK WITHOUT TOUCHING	P3: QUICKLY TOUCH CHEEK WITH MASK	P4: QUICKLY TOUCH NOSE/ MOUTH WITH MASK	P5: COVER NOSE/MOUTH AND COUNT TO 5	P6: TOUCH EARS/OTHER PARTS OF HEAD/NECK Depending on mask choice	P7: WEAR THE MASK DURING A PREFERRED ACTIVITY	P8: GOING OUT Take an extra person with you for support. Go to the store for 1-2 preferred items so the mask only needs to be worn for a short time.
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Step 1. →	Make sure the student is calm and engage in a fun activity to get their attention.							
Step 2. →	Read social story or watch a video about wearing masks. Instructor models the procedure with the mask on themselves first and can say something like "We all need to wear a mask when we go out of the house to the restaurant, store, or school."							
Step 3. → Instruct to complete action	Touch the mask with their fingers, then hands	Let you hold the mask near their face without touching	Let you touch their cheek with the mask	Let you touch their nose/mouth with the mask	Let you cover their nose/mouth with the mask and count to 5	Let you touch their ears, head, neck with the parts of the mask (elastic, plastic band, etc.)	Wear the mask correctly while doing something they enjoy	Review mask rules. If they take off the mask, calmly remind them that they may need to leave the store. Prompt them to wear the mask correctly. If not able to do so, leave the store, if possible. Try again after reviewing rules. Trial in various locations.
	↓	↓	↓	↓	↓	↓	↓	↓
Step 4. →	Give praise and/or a preferred item for any attempt! Take a break if needed.							
Step 5. →	Increase time by counting a little bit more or using a timer during each trial from 5 seconds up to 20 minutes.							
Step 6. →	Repeat the procedure daily until the student is comfortable and before moving on to the next. Each student may require trials for several days or several weeks to become comfortable with each procedure.							