

We are Wearing Masks

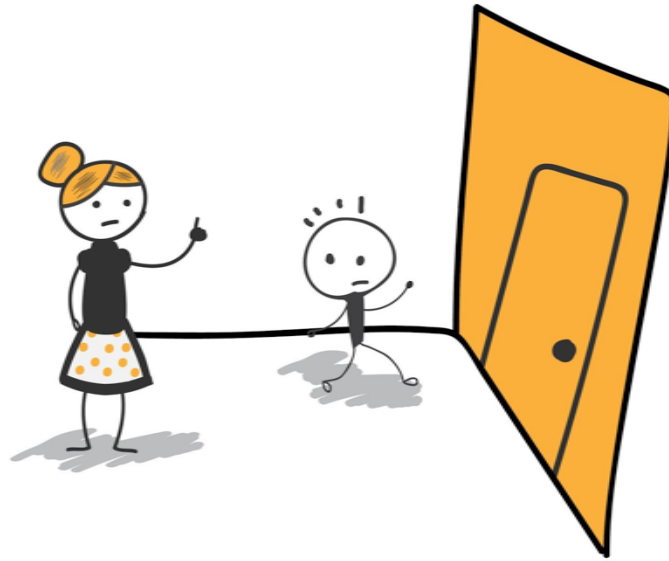


Written by Meredith Polsky

Lots of things are different right now. School is closed and my whole family is staying home a lot more.



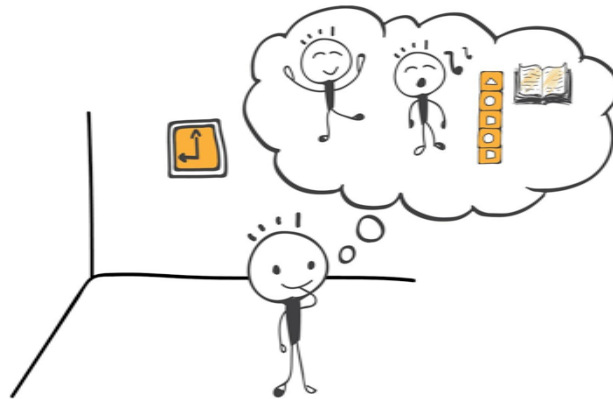
The grown-ups say we have to stay home because people are getting sick.



I am not sick. My family is not sick. We are staying home to help people stay healthy.



I can play with my toys at home. I can read books and sing songs. I can see my friends on the computer.



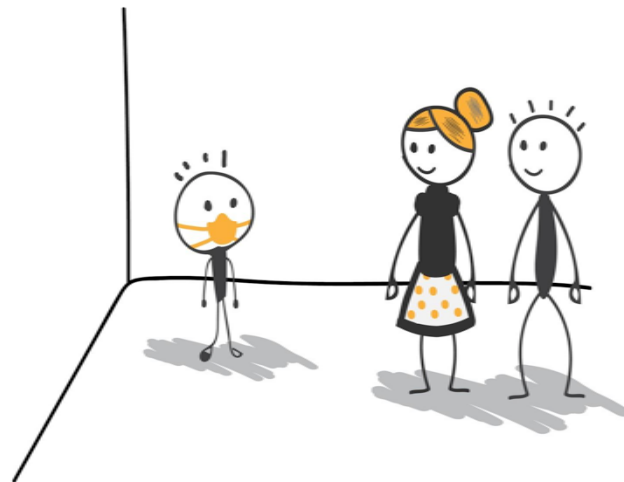
I can also go outside with my family. It is good to get fresh air! Sometimes we take a walk. Sometimes I ride my scooter or my bike.



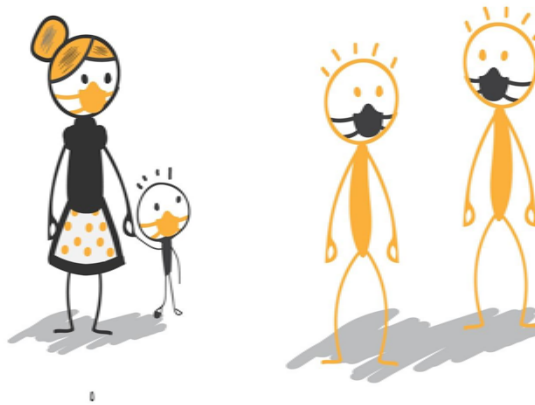
When it is cold outside, I wear a hat. When it is hot, I wear sunscreen.



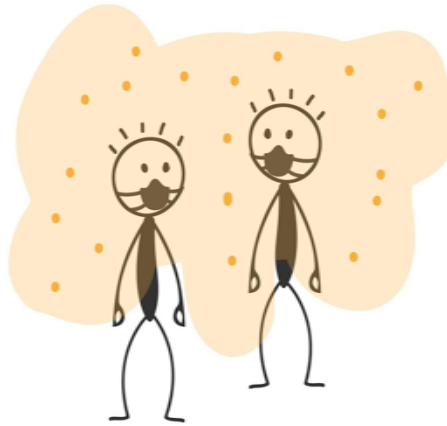
Right now, to help everyone stay healthy, I might need to wear a mask.



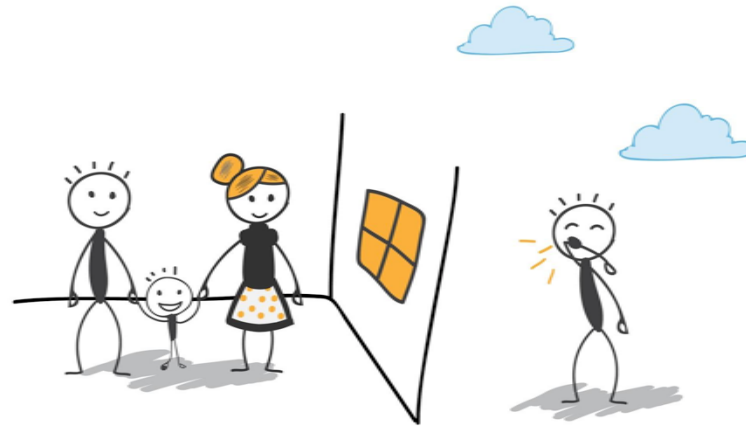
I might see other people wearing masks, too.



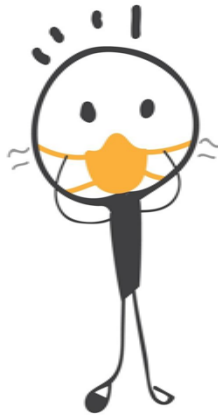
The mask covers people's mouth and nose so that there won't be so many germs in the air.



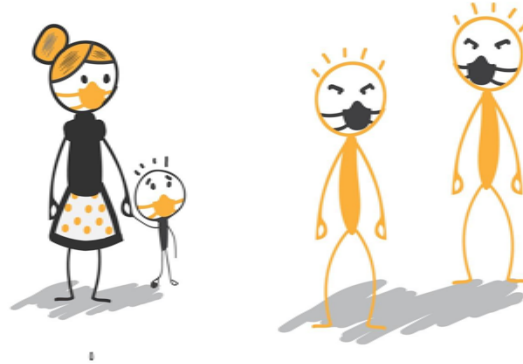
We don't usually have to wear masks outside. The grown-ups are being extra careful.



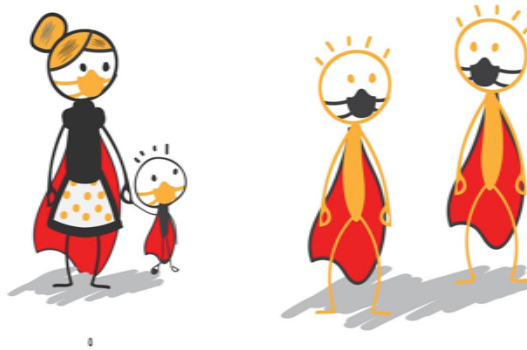
The mask feels funny on my face and I don't really like it. But I will wear it because it will help people stay healthy.



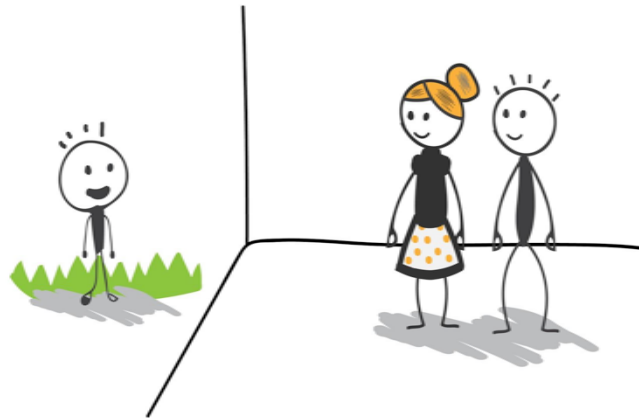
I don't really like seeing other people wearing masks, either. It sometimes feels like a scary movie or cartoon.



But the people wearing masks are not scary. They are also helping everyone stay healthy! It's like we all have superhero masks!



When I am in my house or in my backyard, I don't need to wear a mask. My grown-ups will tell me when it's time to put our masks on.



It won't always be like this, but for now we wear our masks to help everyone stay healthy.



About the author...

Meredith Polsky (www.meredithpolsky.com) founded [Matan](#) in 2000 and serves as Matan's National Director of Institutes and Training, as well as the part-time Developmental Support Coordinator at [Temple Beth Ami Nursery School](#) in Rockville, MD and the Selective Mutism Specialist at [Growing Minds, Center for Child and Family Therapy](#). Meredith is a nationally sought-after speaker on Jewish Special Education. She holds a Master's degree in Special Education from Bank Street College, a Master's degree in Clinical Social Work from Columbia University and a graduate certificate in Early Intervention from Georgetown University. Meredith is a 2017 Covenant Award recipient, and co-author of the award-winning [I Have a Question](#) children's books series.