



Student:

School Year:

Teacher:

Start Date:

End Date:

Program Status:

Wearing a Mask

Objective: The student will be able to wear a mask when required and will refrain from removing it until directed to do so.

Criterion: 100% Independent Performance for 2 consecutive sessions.

Teaching Procedure: Present the student with the instruction “put on your mask.” The student will independently or with assistance put a mask on that covers his/her nose and mouth. The student will be required to keep the mask on his/her face without removing it until directed to do so.

Program Introduction:

- Present a mask to the student. Tell the student “put on your mask” you can assist the student by putting the mask on their face for them. Record the duration in which the student will leave the mask properly on his/her face (mouth and nose should be covered).
- If the student tolerates the mask on his/her face (covering both nose and mouth) for any amount of time skip to Step 4.
- If the student refuses to allow a mask to be put on his/her face begin teaching at Step 1.

Program Teaching Steps:

*****Before beginning this program you must designate highly preferred items to serve as reinforcement for successful completion of each step of the program. If the student is struggling with the program it may be necessary to designate reinforcers that will not be given at any other time then when the student is working on this program.*****

Practice each step as many times as possible during the day. The more practice the faster the student can potentially acquire the step.

1. Place a mask on in close proximity to the student. Provide the statement “this is a mask” and require the student to stay near the mask without trying to discard, play with or damage the mask for *at least* 30 seconds.
 - a. If the student is successful and allows the mask to remain in close proximity without touching it, provide the reinforcement.
 - b. If the student does not accept the mask in close proximity remove the mask and do not provide the student with the reinforcement. Wait a few seconds and try again.

You can show the student the reinforcement available but do not allow them to access it until the 30 seconds has passed.



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2. Hand the student the mask. Give the direction “Touch your face with the mask” and require the student to touch the mask to his/her face (*You may model this for them by touching your own face with a mask*).
 - a. If the student successfully touches their face with the mask, provide the reinforcement.
 - b. If the student does not touch the mask to their face remove the mask and do not provide the student with the reinforcement. Wait a few seconds and try again.

You can show the student the reinforcement available but do not allow them to access it until they have touched the mask to their face.

Modified Step 2 -

Hold the mask in front of the student. Give the direction “Touch your face with the mask” and you touch the mask to the student's face (*You may model this for them by touching your own face with a mask before you touch their face with a mask*).

- If the student successfully touches their face with the mask, provide the reinforcement.
- If the student does not touch the mask to their face remove the mask and do not provide the student with reinforcement. Wait a few seconds and try again.

You can show the student the reinforcement available but do not allow them to access it until they have allowed you to touch the mask to their face.

3. Hand the student the mask. Give the direction “Put the mask on.” and require the student to put the mask on his/her face correctly (covering nose and mouth) for 5 seconds.
 - a. If the student successfully keeps the mask on their face (with nose and mouth covered), provide the reinforcement.
 - b. If the student does not keep the mask on their face (with nose and mouth covered), do not provide the student with reinforcement. Wait a few seconds and try again.

You can show the student the reinforcement available but do not allow them to access it until they have kept the mask on their face correctly for the 5 seconds.

Modified Step 3 -

Hold the mask in front of the student. Give the direction “Put the mask on” and you position the mask appropriately on the student's face (covering the nose and mouth). If the student successfully touches their face with the mask, provide the reinforcement.

- If the student does not touch the mask to their face remove the mask and do not provide the student with reinforcement. Wait a few seconds and try again.

You can show the student the reinforcement available but do not allow them to access it until they have kept the mask on their face correctly for the 5 seconds.



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4. Repeat step 3 increasing the time interval that the student tolerates the mask on his/her face in the correct position.

This should be done by systematically increasing time intervals until the student can wear the mask for the entire school day whenever required.

As the time interval increases you may need to increase the amount of reinforcement given. (e.g. 5 seconds wearing a mask = 1 m&ms or 30 seconds on the iPad, 10 minutes wearing a mask = 5 m&ms or 5 minutes on the iPad, 60 minutes wearing the mask = a mini pack of m&ms or 15 minutes on an iPad.)

Additionally, as the time interval increases be sure as the student is wearing the mask to engage them in other activities. Initially, these activities should be reinforcing in nature so that it encourages their involvement in the activity and distracts from wearing the mask. As the student becomes more successful in wearing a mask the activities they engage in should be what is naturally occurring in the classroom.

Allow the student to adjust the mask if necessary as long as it remains covering their nose and mouth.

Suggested Teaching Targets:

Tolerates a mask in close proximity.

Tolerates a mask touching their face.

Appropriately wears a mask for 5 seconds.

Appropriately wears a mask for 30 seconds

Appropriately wears a mask for 1 minute.

Appropriately wears a mask for 3 minutes

Appropriately wears a mask for 5 minutes

Appropriately wears a mask for 10 minutes

Appropriately wears a mask for 15 minutes

Appropriately wears a mask for 20 minutes



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Appropriately wears a mask for 25 minutes

Appropriately wears a mask for 30 minutes

Appropriately wears a mask for 45 minutes.

Appropriately wears a mask for an hour

Appropriately wears a mask for 90 minutes

Can wear a mask for any duration of time required.

Materials:

Disposable or reusable masks

Program specific reinforcement

Suggested Supports

An If/Then board that can be shown to the student that will visually represent: “If you wear a mask you get *[reinforcer]*.”

Social Stories relating to wearing / tolerating a mask

Use of a timer to show the passage of time they are required to wear the mask

Student Specific Instructions/Modifications: