Instructions

Cut out the mask (Teddy’s face on the other sheet), the eyes of the mask and the straps. Stick the straps to the mask as demonstrated above. Once the straps are stuck onto the mask, wrap them around your child’s head and stick them together to hold the mask in place. There are 3 straps so that you can add extra length to the band if needed.

Emotional Well-Being Guide

Make the mask and interview children as they are pretending to be Little Bear. By them ‘acting’ they will hopefully feel free to answer honestly:

- What do you know about the Coronavirus Little Bear?
- How do you feel about it? Why?
- How do you feel about being at home?
- Can you tell me 3 fun things that you can do at home?
- How do you feel about having to stay at home? Why?
- Who are you going to miss?
- How does it make you feel not seeing them? Why?
- What can we do to keep in touch with them?
- How do you feel about not going to school? Why?
- Can you tell me 3 good things about being at home?