

EASING BACK INTO NORMAL POSITIVELY: LIVING WITHOUT MASKS



February, 2023

(Parents or teachers should read with the students)

Recently, the impact of the pandemic on us has greatly subsided, our life gradually **returned to normal**.

The government has announced the lifting of the mask mandate. We **no longer have to wear face masks** in public areas, such as playgrounds, shopping malls or schools.





We used **to take off our masks temporarily only** during drinking or eating.

Now we can **take off our masks**, just like it was about 3 years ago before the epidemic.

In school, we will see the principal, teachers, classmates, and school workers without wearing masks.



Without wearing a mask, we **can see other's facial expressions** more easily when communicating with them.

I will see other people's face, and others will also see my face.

Therefore, we may need to **pay more attention to our facial expressions** when interacting with others.



We may be **happy**
because we can **breathe comfortably**;



We may also be **worried**,
because of the **fear of getting sick** or
others will pay attention to our face.



It is **normal** for us to have different emotions when facing change.

I can **tell teachers and family members** about my **feelings** or **thoughts**, and they will work with me to find ways to relieve my emotions.



I feel _____,

because _____.

We can also **think positively**, and I know there are many benefits of not wearing a mask.

I can breathe in fresh air freely.

It is comfortable when the face is not covered with a mask.

The epidemic has stabilized, the risk of infection has been greatly reduced . It's okay even if I don't wear a mask.

It will be easier to understand each other when everyone can see each other's expressions.

I know it takes times to get used to it . I can adapt slowly, and one day I will enjoy life without wearing a mask, just like before the epidemic.



In this way, my family and teachers will think that I am a **flexible** and **courageous** person,

and appreciate that I can **cope with the change positively**.



No mask? No Problem!

Stay positive, I can do it!

