How to Show Kindness Behind a Mask

The Duchenne smile and more...

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What is the Duchenne smile?

The Duchenne smile is a smile of genuine enjoyment or happiness.

How to recognize the Duchenne smile:
- Crinkling around the eyes, or "crows' feet."
- The eyebrows lower slightly.
Can you spot the real smile?
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Other ways of showing kindness behind a mask
Connect with others by explicitly, verbally, saying, "hello."

Try to get level with the other person to make the situation more comfortable (e.g.: clients)

Use more verbal cues! - "Hi!" "How are you?"
Laughter, noises of affirmation, saying how you feel rather than showing (hidden by mask!)

make more small talk
TONE OF VOICE AND TAKING THE TIME TO TALK HELPS!
things to pay attention to:
Body language (e.g.: tenseness vs openness)
Eyes - they're very expressive! Look for the Duchenne smile.

Waving, thumbs up, nodding, winking, raising brows (or other upper facial cues), making eye contact

UTILIZE BODY LANGUAGE

be patient and understanding
Masks muffle communication, but we can still interact kindly and safely.
How To Teach Children To Read Emotions Behind A Mask

It can be difficult for young children to recognize loved ones while wearing a mask. Here are some ways to help your child get comfortable with seeing you, and strangers, wearing masks.
Here are some ways to normalize mask wearing for your child:

- Introduce the mask to your child at home, or another place they feel safe.
- Show your child the mask, then put it on, and explain why you, and everyone else will be wearing them in public.
- Play peek-a-boo with a mask, or play "guess my expression" to help the child learn to recognize emotional cues.
- Talk to your child while wearing the mask.
Aside from looking after ourselves, it's vital to be aware of the real risks of the coronavirus and how we can protect ourselves, our loved ones, and our community.

Please be considerate. That's a way to show kindness too!

wear a mask
SOURCES:

