

# How to Show Kindness Behind a Mask

■ The Duchenne smile and more...



Monique Everett, Ariel Susanto, Ari Jabloner

# 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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# Can you spot the real smile?



# 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:

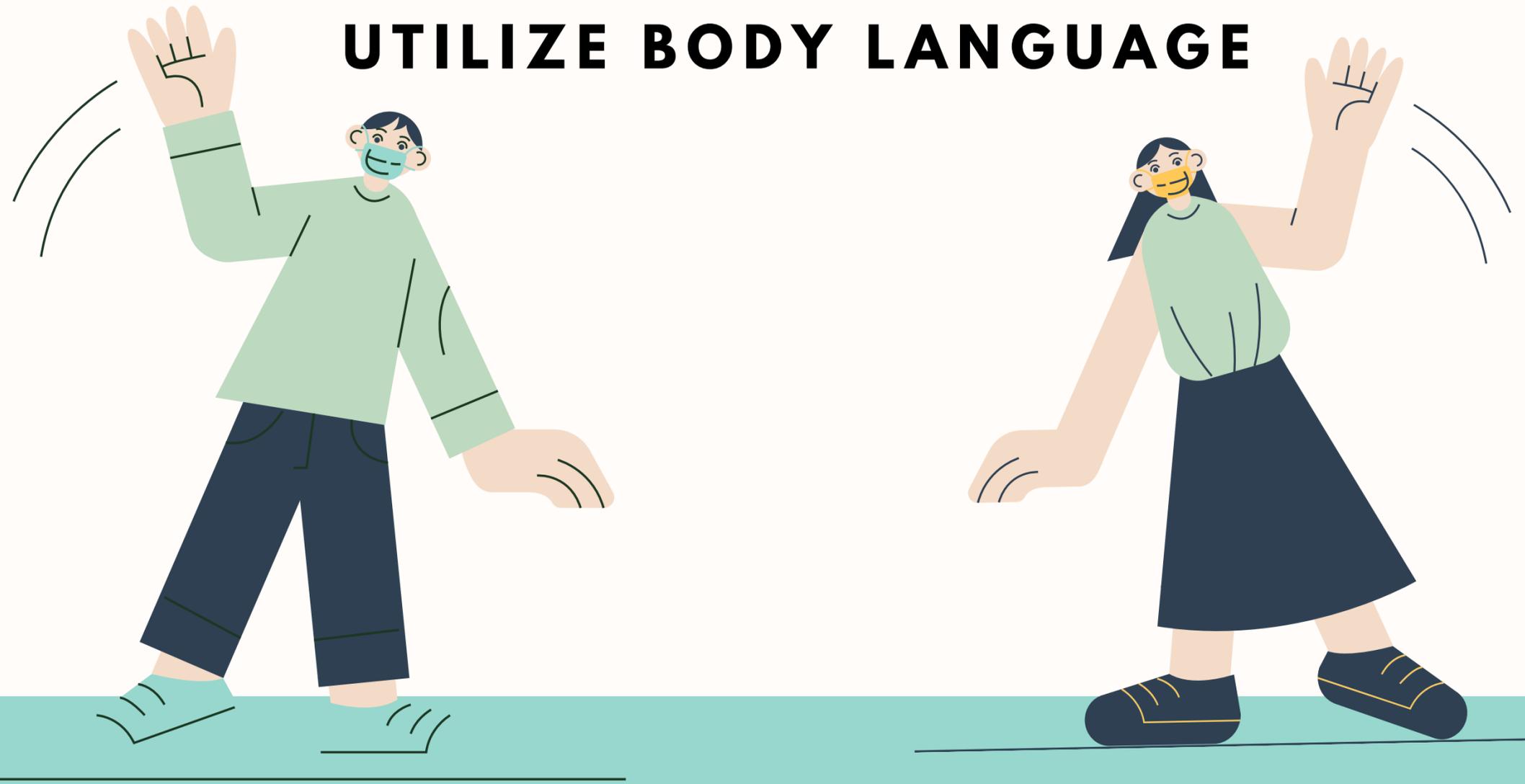
Body language (e.g.: tenseness vs openness)  
Eyes - they're very expressive! Look for the  
Duchenne smile.

*be patient and  
understanding*

**MASKS MUFFLE COMMUNICATION, BUT  
WE CAN STILL INTERACT KINDLY AND SAFELY.**

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

## **UTILIZE BODY LANGUAGE**



# 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.

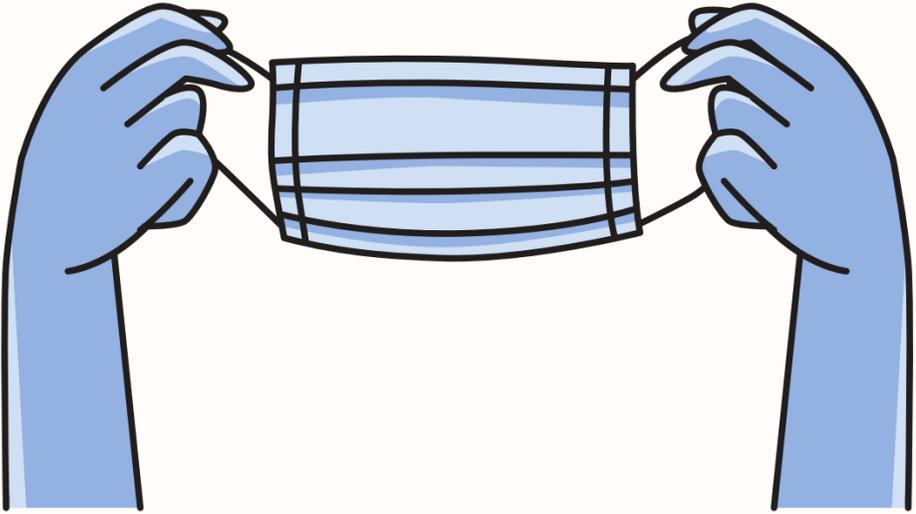


# Here are some ways to normalize mask wearing for your child:

- 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

**—wear a mask—**

THAT'S A WAY TO SHOW  
KINDNESS TOO!



# SOURCES:

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