

Kooth Activity Sheet



ENERGY LEVEL:
Energetic



NO. OF PEOPLE:
1+



ESTIMATED TIME:
45mins

Understanding the masks we wear

ACTIVITY OBJECTIVE:

To help young people visualise and reflect on the parts of themselves they may want to present to other and the parts they may hide.

MATERIALS REQUIRED:

1. Mask prep sheet
2. Mask templates
3. Pens/pencils
4. Old magazines (if available)

INSTRUCTIONS:

1. Hand out mask making worksheet and mask templates.
2. Give students 10 minutes to complete the mask making worksheet to brainstorm ideas for their mask.
3. Provide art materials to decorate the masks - pencils, pens, crayons, newspapers, magazines, etc.
4. Explain that the front of the mask should illustrate how they believe other people view them (this can be done through drawings, words, and symbols). The back of the mask should illustrate how they see themselves.
5. Give students 20 minutes to decorate their masks.
6. Conclude with discussion questions: How does the front of your mask differ from the back? How much do your friends and family influence the way you see yourself? How do you think social media and society affect the way you see yourself? What are the "masks" we often wear to hide who we really are?



Get free, confidential mental health support at go.kooth.com/6w7x

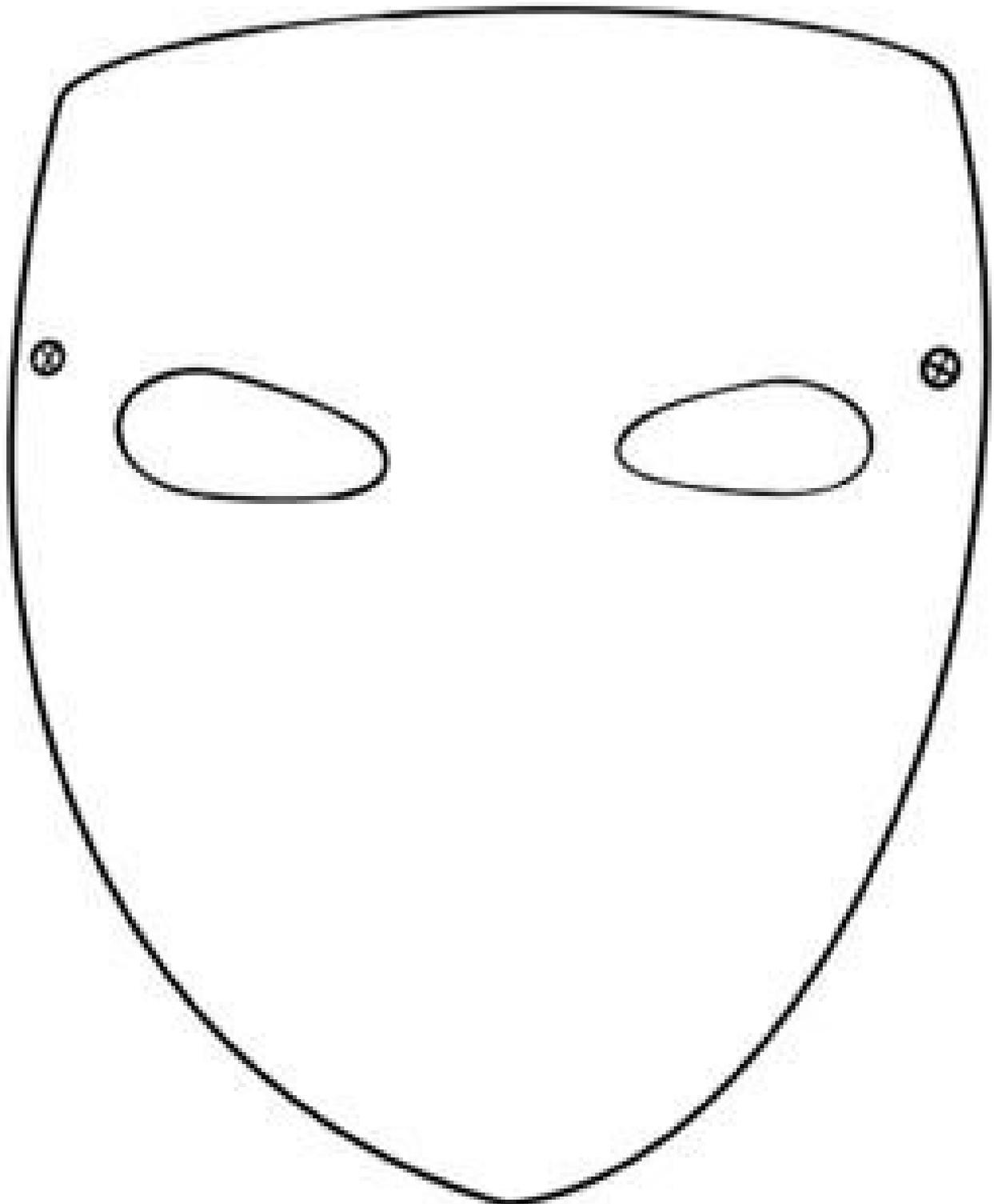
At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.

Mask Making Preparation Worksheet

Sometimes, we may feel like there are parts of ourselves we put on display and there are parts of ourselves we try to hide. Let's answer these questions to try to understand more about how we may want others to view us:

- 1. What aspects of yourself would you like to present to others?**
- 2. What would you like other people to know about your past?**
- 3. What experiences and accomplishments would you like them to see?**
- 4. What hopes and fears would you like them to know about?**
- 5. What likes and dislikes do you want others to know about?**
- 6. What labels or adjectives would you like others to use when they think about you?**
- 7. What are some aspects of yourself that you might not want others to see? Why do you choose to keep them to yourself? (These are ideas you might include on the inside of your mask.)**

FRONT



BACK

