Activity: Behind the Mask

eluna
RESOURCE CENTER

Objective

Youth will explore the difference between what they show others and what they experience privately by identifying thoughts, feelings, and behaviors on the outside and then inside a mask. Through this activity, youth will increase self-awareness, recognize the hidden impact of grief, addiction, or hardship, and consider the benefits of sharing their experiences with trusted adults.



Instructions

- Give each participant a Mask Handout - one side labeled 'On the Outside,' the other 'On the Inside.'
- On the "Outside," invite youth to write, draw, or illustrate the thoughts, feelings, behaviors, and characteristics they show other people.
- On the "Inside," invite youth to write, draw, or illustrate the thoughts, feelings, behaviors, and characteristics they keep to themselves or that others may not see.
- Encourage youth to reflect on the similarities and differences between the "Outside" and the "Inside."
- Discuss the impact of carrying thoughts and feelings alone, and the importance of finding healthy ways to express themselves or share openly with a trusted adult.

Supplies

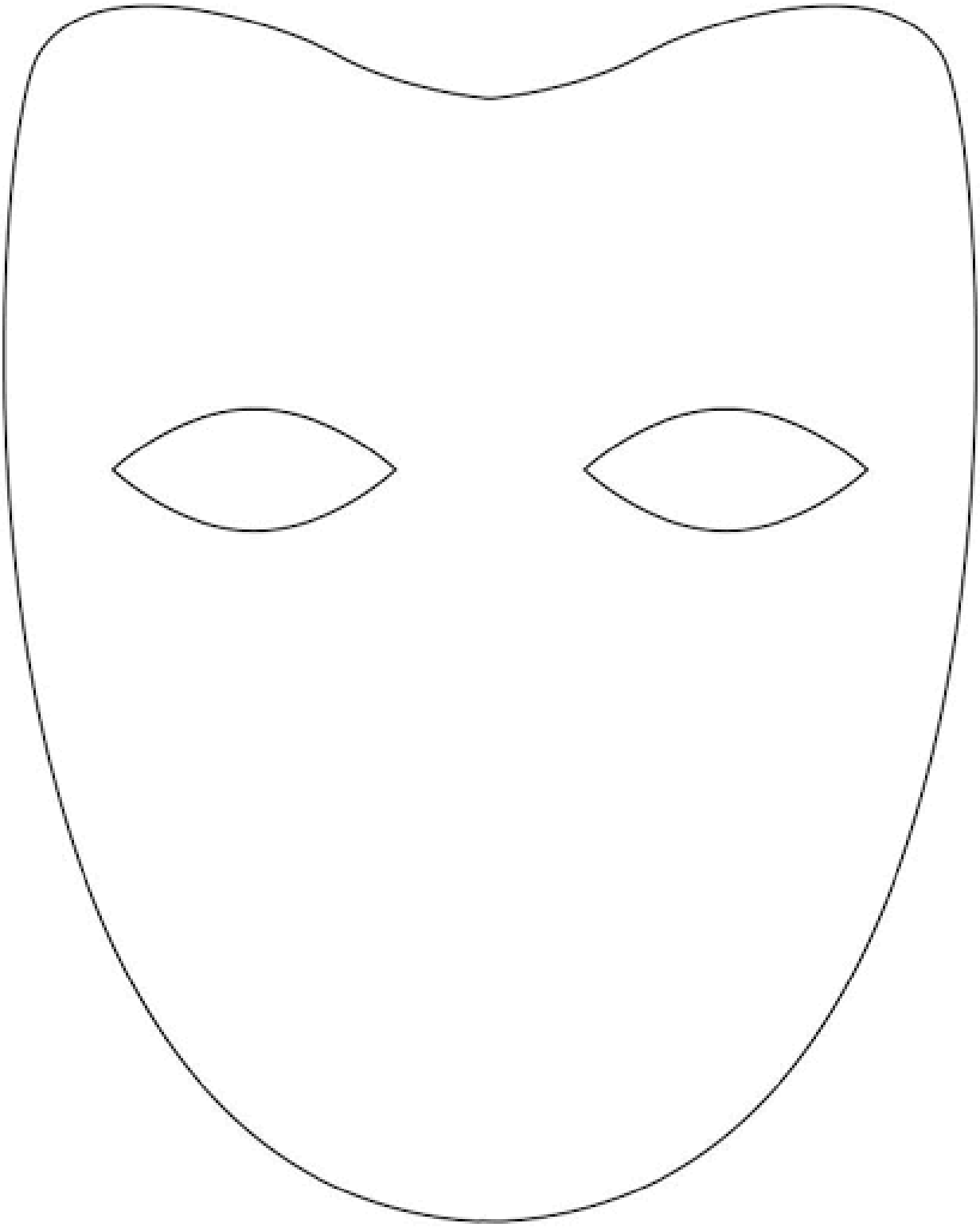
- 2-Sided Mask Handout (next page)
- Markers, Colored Pencils, Crayons

Additional ideas

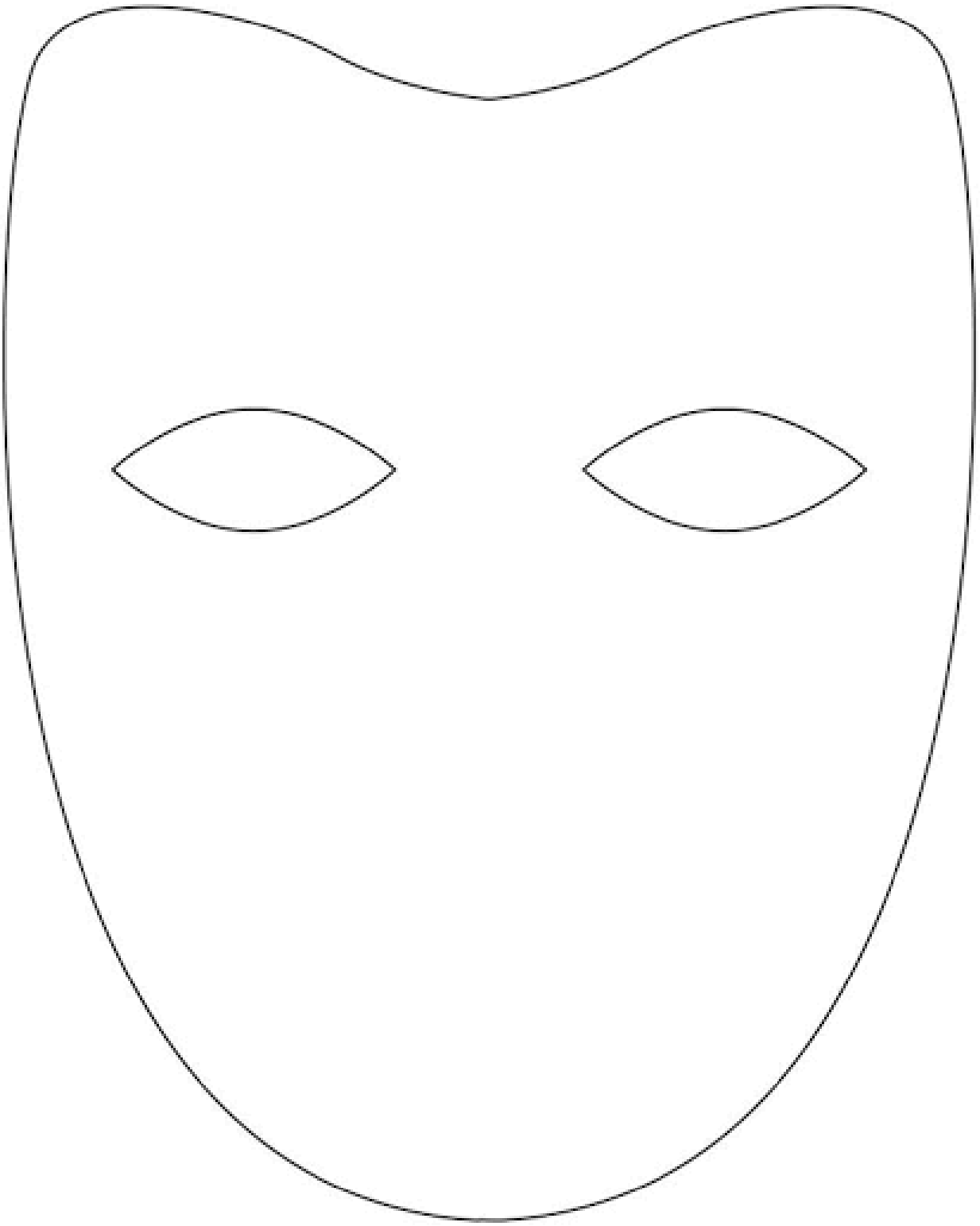
Normalize that most people have "outside" and "inside" masks. The purpose of this activity is awareness, not judgment. Be prepared for youth to identify challenges that may need additional support. Emphasize that they do not have to carry these struggles alone and that connection and support can help them navigate grief, addiction, and other hardships.

Thank you, *Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!*

On the Outside



On the Inside



eluna