

INSIDE/OUTSIDE FEELINGS



DESCRIPTION

We all wear "masks" to manage our emotions and work through difficult times. There are so many different masks we wear, sometimes changing from moment to moment and day to day. This activity is designed to help children and teens create a physical representation of the feelings they keep inside and the feelings they show to others.

SUPPLIES

- Paper
- Drawing utensils (pen, markers, colored pencils)

ACTIVITY

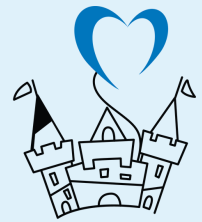
Explain the activity and the concept of the "masks" we wear. Have the child or teen use each of the provided masks and draw themselves. Include a nose, eyes, and a mouth.

Ask the child to draw on the "outside" mask how they think they present themselves to others. What emotions do they share with the world?

Switch gears when they are completed with the first mask and ask them to draw themselves on the "inside" mask. What emotions do they feel inside that they don't share with others? Who are they, really?

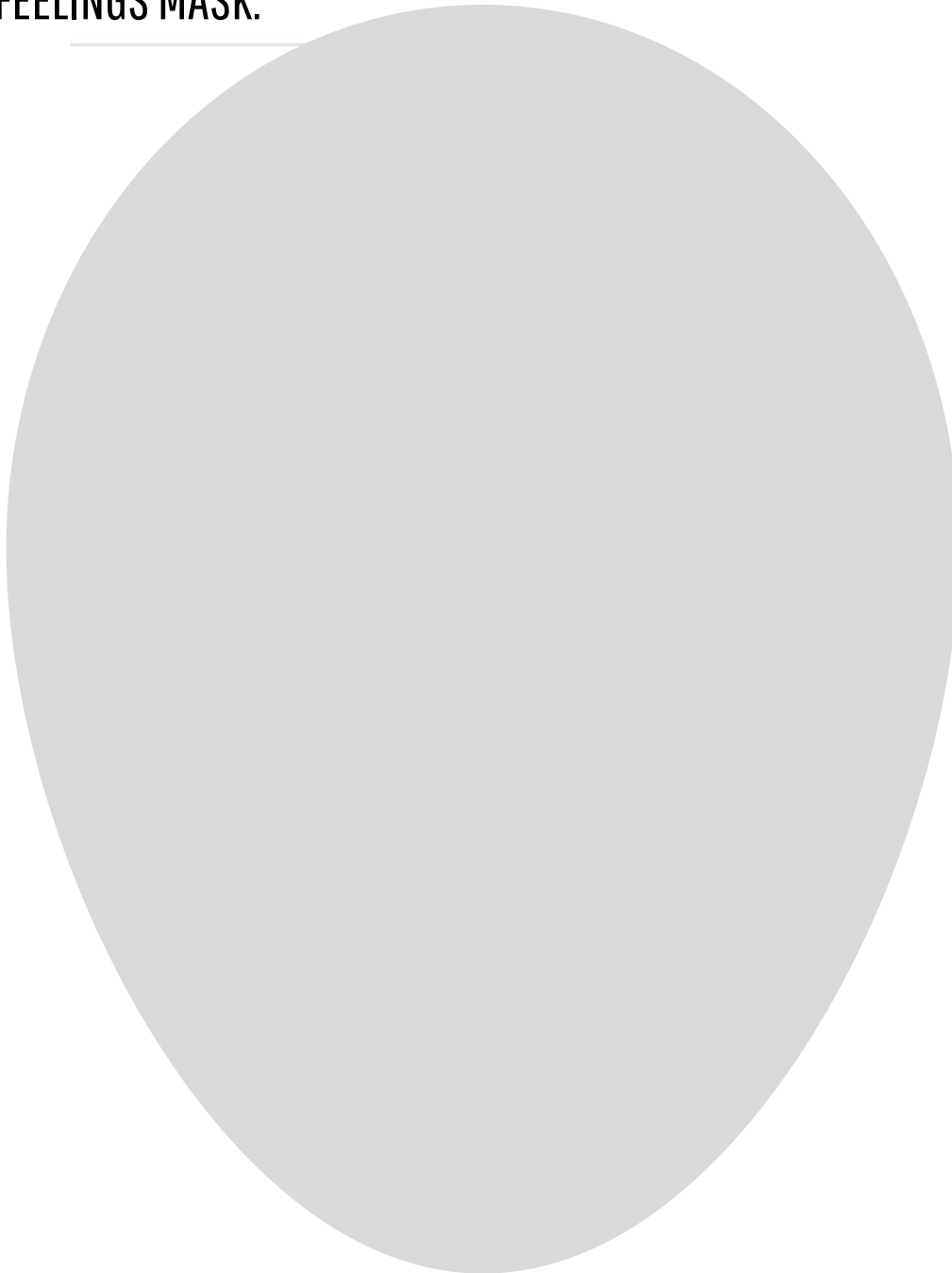
When they are finished with both masks, encourage the child or teen to share what they've created. Ask questions about the colors they used and the drawings they made to get to know their emotions on a deeper level. This is great for self-exploration and awareness. Older children and teens can use this opportunity to talk about boundaries they set and what their comfort level is with others.

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HENRY FORD SANDCASTLES
Grief Support Program for Children and Families

INSIDE FEELINGS MASK:



INSIDE/OUTSIDE FEELINGS



OUTSIDE FEELINGS MASK:

