



## **MASK ACTIVITY**

**Presented by Brighter Days Family Grief Center**

[www.brighterdaysgriefcenter.org](http://www.brighterdaysgriefcenter.org)

### **Supplies Needed:**

- 1) Blank mask or paper plate (*the masks pictured on the back of this sheet can be purchased at a local craft store*)
- 2) Colored Markers

### **Instructions:**

- 1) Instruct each group member to decorate the outside of the mask/plate with feelings they often show to others. *Note—This doesn't have to be words but can be an artistic expression.*
- 2) Next, instruct each group member to decorate the inside of the mask/plate with images or words that describe the feelings they keep inside.
- 3) Group Discussion—Let each group member talk about their mask, feelings and why they keep their inside feelings to themselves. Discuss the value of keeping feelings to ourselves with certain people to establish boundaries. However, it is also important for group members to share the feelings on the inside of their mask with one or two trusted individuals.
- 4) Follow-Up Questions to ask, if you'd like:
  - a. "What feelings are easy for you to show?"
  - b. "Why is it easy to show those feelings?"
  - c. "What feelings do you keep hidden?"
  - d. "Do you ever feel like people don't really know you because you keep your feelings hidden?"
  - e. "What risk do you take by showing your feelings?"
  - f. "When or in what situations do you most often hide your feelings?"
- 5) Remind the group that our grief must ultimately be witnessed by others.

