



The Mask

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| Objective: | This activity allows people to think about how others see them as well as identifying their own assumptions about other people. |
| Time: | 30 - 45 minutes |
| Materials: | <ul style="list-style-type: none">- Copies of page 2 (print two masks for each participant)- Crayons, markers, stickers- Scissors- Glue |
| Group size: | 10-30 people. This could also be done individually as a self-reflection activity. |

Instructions:

1. Each participant gets 2 masks.
2. On one mask, draw or write **how you think others see you**.
3. On the other mask, draw or write **something people do not immediately see or know about you** (something you feel comfortable sharing with the group).
4. Glue the backsides of your masks together.
5. If you're comfortable doing so, share with the group what you wrote on the front of your mask (things that others see), and on the back (things that others do not know).

For Discussion / Reflection:

1. How might your mask change depending on where you are? For example, when you are at home compared to when you are at a party with people you don't know?
2. How did it feel to make the mask?
3. How did it feel to listen to other people talk about the mask?
4. Do you think people make assumptions about you based on the front of your mask? What kinds of assumptions do they make?
5. How can you avoid making those assumptions about others?



Facilitator note:

Let people know that they only need to put things on the mask that they feel comfortable sharing. No one should be pressured to participate in this activity.

Variation:

- You can combine all of the masks together to create a group mural or mosaic.
- The masks can be made from different materials - feel free to be creative!

