

## The Mask



### Conceptualization

This activity is designed to facilitate a discussion of the boys' "inner experiences and feelings" and the outward facade that accompanies those "inner feelings." They will be encouraged to acknowledge the incongruency of these inner and outward feelings and expressions in addition to discussing their experiences of being "bullied" by their peers.

### Goals

- To facilitate a discussion of feelings and expose the hurt, shame, anger, and pain that most of these boys try to bury.
- To assist the group members in developing cohesion regarding similar experiences and feelings that they may experience.
- To acknowledge the "masks" that they often use to hide behind.
- To discuss "good" and "bad" methods of expressing feelings.

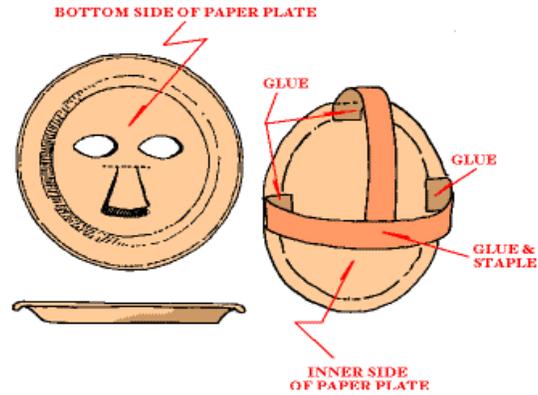
### Materials

- Paper plates
- Scissors
- Markers, crayons, paper, glue, construction paper, or anything that could be used to design a mask

## Directions

1. Begin with a brief discussion of how our inner feelings often do not match our outer expressions (ask for examples ....i.e., Have there been times when you were embarrassed/upset and others may not have known it from watching you?)
2. Instruct the group members to design a `mask' using the available materials. On the outside of the mask, they are instructed to draw how others see them. On the inside of the mask, they are instructed to write what thoughts and feelings are going on inside their heads when others see the "outside" of the mask.
3. After everyone has completed their mask, each member is given a chance to hold it in front of their face while the other group members tell him what they see. The individual then has an opportunity to discuss what he wrote on the inside of his mask (this is voluntary, he is not forced to talk about what he wrote on the inside of his mask if he does not wish to).
4. A group discussion is facilitated in which the boys will be encouraged to talk about their reactions to this activity and the good and bad aspects of "the mask."
5. Finally, the boys are instructed to complete the questions on the attached sheet.

## "The Mask"



1. What did you learn from making your mask and talking about it with the group members?
2. What did you like about this activity?
3. What did you not like about this activity?
4. Is there anything else that you would like to write on the inside of your mask that you did not want to talk about with the group members? What?
5. How often do you wear a mask?