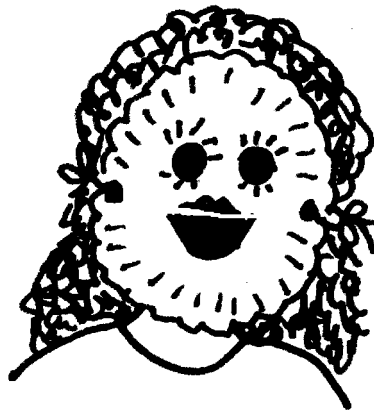


Inside/Outside Masks

Ages 7-14

Activity Objective:

This activity illustrates the difference between the feelings that we show to people and what we may be actually feeling on the inside. The masks help the child to talk about the reasons for keeping certain feelings hidden.



Instructions:

- Participants can use paper mache', or draw and cut out mask shapes from poster board or use paper plates.
- Group leader discusses the possibility of showing the outside world a feeling that is different from what we are feeling on the inside.
- Participants then use markers or paints to draw their inside feelings on one side and their outside feelings on the other side.
- Participants then share their masks, discussing why they hide certain feelings and whom they hide them from.
- Group leader may have a discussion about how these different feelings relate to having asthma.

Materials Needed:

- Poster board
- Paper mache'
- Paper plates
- Markers
- Paint
- Scissors