



# Design Your Feelings Mask

What we show on the outside isn't always how we feel on the inside. This creative activity encourages children to express their emotions through art, helping to explore the difference between how they feel on the inside versus how they present themselves to the world.

## Materials:

- Printable Feelings Mask Template
- Markers, crayons, or coloured pencils
- Scissors
- Glue, stickers, or other decorative materials
- Elastic string or craft sticks (if turning it into a wearable mask)

## Mask Sections:

- Front of Mask (Outside): What I Show the World 📌
- Back of Mask (Inside): What I Feel 📌

## Instructions:

1. **Print the Mask Template** - Download and print the template on standard paper or cardstock.
2. **Introduce the Activity** - Explain to the child that this mask represents their feelings. The outside of the mask reflects what they show to others, while the inside represents emotions they keep hidden.
3. **Design the Outside** - Ask them to decorate the outside of the mask with emotions they commonly show to others. This could be a happy face, a neutral expression, or any design they feel represents their public emotions.
4. **Design the Inside** - Have them flip over their mask and draw the emotions they often feel but might not always express. This includes stress, sadness, excitement, or any other emotions.

5. **Reflect & Discuss** - After decorating, encourage them to talk about their choices. Ask questions like:
- How does your outside mask compare to your inside mask?
  - Are there emotions you find harder to express?
  - How can we help each other feel safe sharing our true feelings?
6. **Wear or Display** - If desired, attach string or a craft stick if you'd like to wear it, or display it somewhere meaningful.

**Need ideas? Here are some emotions you might feel!**

😊 Happy | 🤔 Curious | 😟 Worried | 😄 Excited | 😞 Sad | 😡 Frustrated | ❤️ Loved | 🤯 Overwhelmed (Feel free to add your own!)

**Reflection Questions:**

- How do you feel after creating this mask?
- What is one emotion you'd like to express more?

**Pathstone Mental Health is here to support you!**

🌐 Visit us at [www.pathstonementalhealth.ca](http://www.pathstonementalhealth.ca) for more mental wellness resources.

📷 Share your mask with us!

#Pathstone #ExpressYourEmotions #UnMaskingMentalHealth

For more downloadable activity sheets,  
please visit <https://pathstonementalhealth.ca/cmhaw>