

## Emotion Masks

### Lose The Mask!

Sometimes, we put on a mask to disguise our face - when we're acting, or in fancy dress.

But without realizing it, we sometimes put on *Emotion Masks*, invisible masks that hide our feelings and emotions.

When we keep our feelings hidden from others, or when we act like we feel something we don't truly feel, we're wearing an *Emotion Mask*.

You might wear an Emotion Mask when you...

- Pretend to be happy when you're not
- Act like you don't mind about something that's bothering you
- Tell someone you're fine when you're worried, or
- Say something angry when inside, you feel sad.

What kind of Emotion Masks do you put on when you don't want to deal with something that you feel?

*Use this space to draw your Emotion Mask:*

