

## UNMASKED

# Put a true face on feelings

**Materials:** Worksheet copies, paper plates (one per youth), markers, crayons, timer

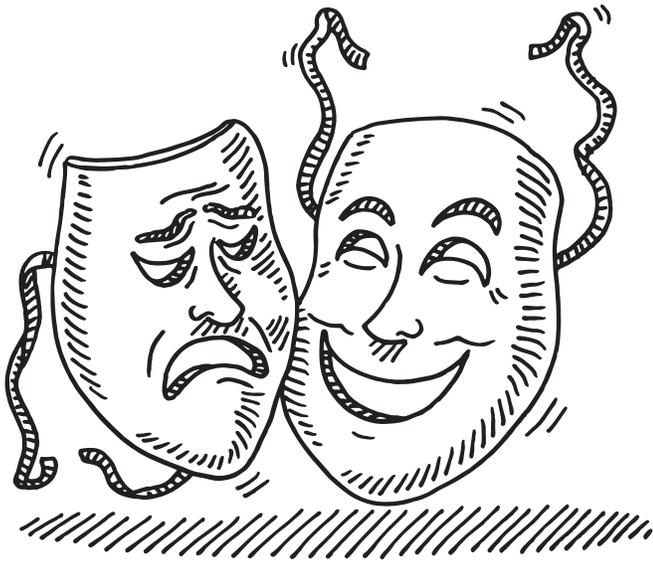
**Directions:** Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

Divorce or separation creates a whirlwind of feelings — sometimes all at once! These feelings may come and go, or stick around for a while.

## Whatever feelings you face, it's important to acknowledge them.

But acknowledgement can be tough. Instead, some of us become experts at “putting on a face.” Presenting how we feel one way, when we actually feel quite differently.

Today, we're going to draw our internal and external feelings. These feelings may be the same, but often they're different.



### ACTIVITY INSTRUCTIONS

- 1 On the back of the paper plate, draw your face expressing how you feel on the inside. On the front, draw your face expressing how others perceive you. You'll have 5 minutes to draw.  
*(Set the timer for 5 minutes.)*
- 2 When the timer sounds, we'll take turns sharing the back of our plate and the internal feeling it expresses. Then, we'll share the front of the plate and the external feeling people see.
- 3 Let's discuss how our outside expression can mask what we feel on the inside, which can lead to being misunderstood.
- 4 Think of two things you'll do before our next meeting to help you release feelings hidden inside.

