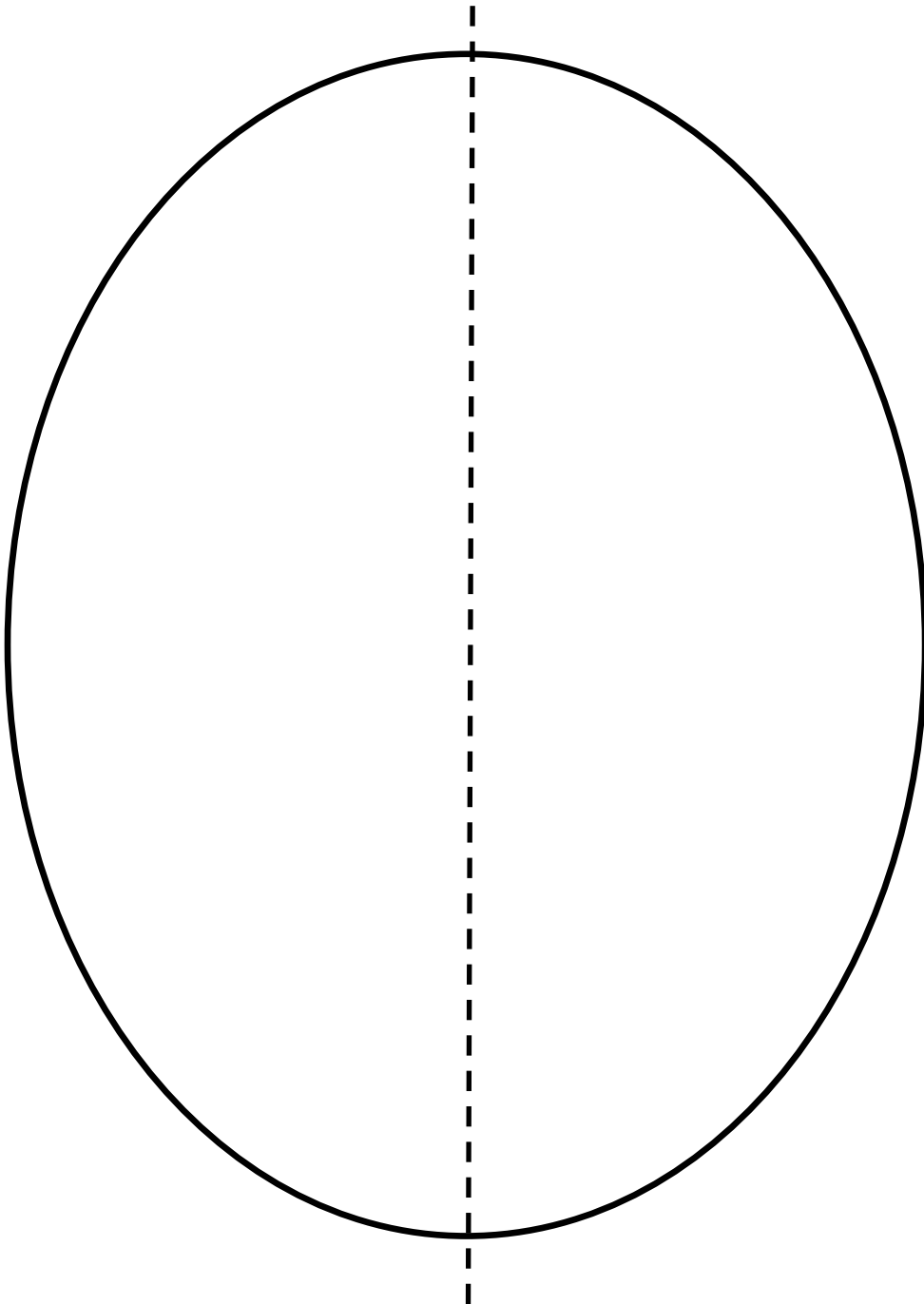


Behind the Mask Activity

This is an exercise to think about what we feel on the inside is often different to what we show on the outside. Get creative—draw a face in the space below. On one side draw or write emotions of what you show to others on the outside. On the other, draw or write what emotions you often feel on the inside. Those emotions on the inside might be the same as the ones on the outside, or they might be ones you hide and don't show.



This is an example of an activity you can do in your community groups to encourage them to think about mental wellbeing! Why not give it a go?