

Game Lesson 1 : My Mask

To make a mask of yourself.



Objective:

This resource aims to help children think about how they view themselves in comparison to how others might view them.

Task:

There are two masks that can be cut out and decorated - tell children to be as creative as possible, there are no limits! They may want to use cuttings from magazines, powerful words, crayons, paint and sequins. They can find inspiration from the Nutri Troops characters too!

Mask 1: Your true self

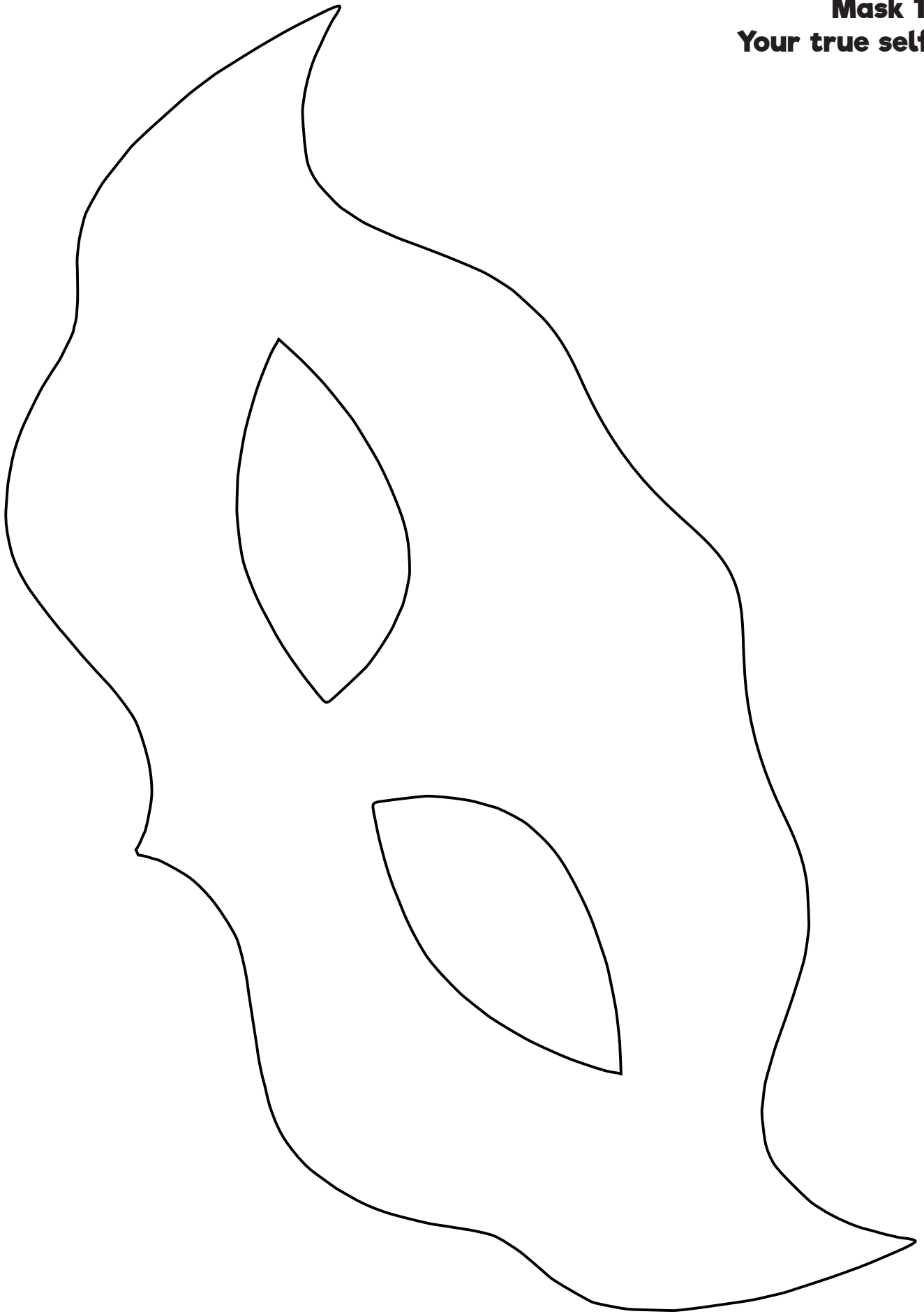
Explain to the children that this mask needs to represent their true selves. It is important they think about who they really are and what comes from within. For example, if a child feels they are quite shy, or likes to be peaceful like Penny Yang, they might like to draw a picture of their favourite activity which could be reading or listening to music.

Mask 2: How others see you

The idea of this mask is to help children understand how they might represent themselves to others or how their peers might view them, compared to how they view themselves. Encourage discussion with friends. It might be similar to Mask 1 or very different.

Once both masks have been created, spend time reflecting on this activity – discuss with the group the differences between masks and talk about ways to overcome any problems or anxieties that children feel when mixing with their peers.

Mask 1:
Your true self



Mask 2:
How other people see you?

