

# Instructions-Workshop of the mask

Step1 : The other part of myself - workshop of the mask

## **Objectives**

The main objectives of this activity are to work on self-awareness and critical thinking. The will to know one self is something to be “built and expressed”.

## **Instructions**

There are two parts to the mask: an inner and an outer part, each of them giving an answer to a different question.

### **1.How to make your inner mask**

You have to write/paint your inner mask inside a mask. It could be a mask that you made yourself out of a simple sheet of paper, un piece of cardboard, with "papier mache paste"1, etc. Here, you answer the question: "WHO AM I? ". In doing this you can write words, use and paste images or any type of content that seems appropriate to you (text, colors, magazine photos, etc.) to illustrate the thoughts and ideas you have of yourself. In your design process you can inspire yourself of the following key words: language, country environment, city, family and parenthood, nature, work, groups, places, friends, time, death, values, beliefs, feelings...

Once this work is done, write a short paragraph to explain your choices. If this activity is completed within a group, the mask may be used to introduce each other.

### **2. How to make the outer mask?**

You have to write/paint the outside part of the mask. In doing so you are answering the following question: WHAT DO I SHOW TO OTHERS? You can inspire yourself with the following key words: face expressions, body language, communication styles, emotions (introvert /extravert) clothing, tattoos, hairstyle, size, age, gender, etc.Once this work is done, write a short paragraph to explain your choices. If this activity is completed within a group, the mask may be used to introduce each other.

### **3. Debriefing**

The following reflections could be done: we are made out of different inner and outer masks, of multiple identities. Masks contribute to the necessary awareness of the complexity of being: we are all complex beings. We should then avoid the risks of generalization.

### **4. The outer masks is posted on the Gallery.**

You can either take a picture or make a video of your mask and post it on the Gallery