HOPE for HIE SUPER SIBS

INSIDE VS. OUTSIDE MASK

Sometimes we feel one way on the inside, but others may see something different on the outside.

SUPPLIES NEEDED:

- A paper mâché mask or a clean 2-gallon milk jug cut in half lengthwise
- Acrylic paint or permanent markers

DIRECTIONS:

- [ ] Start with one side of the mask. Decorate it to show how you feel on the inside—your real thoughts and emotions.
- [ ] Flip the mask over. Decorate the other side to show how you look to others or how you usually present yourself.

DESIGN IDEAS

Use **colors, shapes, words, and designs** to represent different feelings—there's no right or wrong way to do this!

You can also play music while you work. Try choosing music that matches your mood and notice if it inspires certain **colors, patterns, or ideas.**