

My Anger Mask Instructions & Reflections

Sometimes emotions are easy to recognize in other people, but others might be hidden. Anger for example is an emotion very easy to see. However, sometimes anger is just a mask. Other emotions might be hidden behind that mask.

On the page bellow you will find a mask. You can create your own mask by using the cut-out template and colouring it.

Now wear your angry mask. How do you feel?

Write or draw here

Now take your mask off. Think of times you were angry. Can you think of other emotions you were feeling when angry? Examples can be scared, lonely, hungry, jealous, physical pain, sad...

My Anger Mask

