

Our Masks

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Have young people to draw on or make masks out of pieces of paper – one side of the face is how the young person feel now the other is what they think people see them as.

This task is an opportunity to talk about internal feelings and perspectives of each other.

Remember to take a picture of the drawn faces so they can be seen again or used as evidence

young people can use these to reflect and create new ones over time!



Foundation



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