

# Family Reconciliation Retreat 2

## Making a Mask

### Directions:

1. Draw an oval shape on a large piece of paper. The larger, the better—masks can cover more than just the face.
2. Cut the oval shape out of the paper.
3. At both the top and bottom of the oval, make a 1” cut. (You will later take these cuts, fold the paper across itself, and staple so the mask has some dimension).
4. Draw and cut out where the eye, mouth, and nose holes (if any) are going to be.
5. First, decorate the inside mask by using colors, shapes, and decorative objects that tell who you really are on the inside.
6. Next, create the outside of the mask, adding details, colors, and shapes that express how you look on the outside.
7. Now, where you made your cuts, fold the paper and staple in place. This will give your mask more dimension.
8. Glue any additional decorations you wish on both sides of the mask as you think of more ways to express your feelings and flaws, inside and out.

Measure a piece of elastic to fit around the back of your head and staple it onto the mask to hold it in place.