

## Skills Workshop

### **Title:** The Mask

**Purpose:** To act as a warm up exercise following an ice- breaker or as an energizer after a break. To start a session in a fun way and to remind everyone of the names of the other participants. To have fun!

### **Process:**

The whole group should stand in a circle. The facilitator should explain that they are going to put on a mask which displays great sadness. They should explain that when they peel off the mask they will throw it to someone else and call out the name of the person they are throwing it to. The facilitator should then peel off the mask revealing a happy smiling face. When the person called out catches the mask they must quickly think of another strong emotion to portray before repeating the process as above. Continue until everyone has had a turn and the whole group have happy smiling faces!!!

As the mask is thrown from one person to the other try and quicken the pace.

NOTE: The facilitator should start the proceedings with really exaggerated facial distortions to represent the extremes of the feelings and help the group to overcome any feelings of awkwardness.

**Resources:** None

## Skills Workshop

### **Title:** The Mask

**Purpose:** To act as a warm up exercise following an ice- breaker or as an energizer after a break. To start a session in a fun way and to remind everyone of the names of the other participants. To have fun!

### **Process:**

The whole group should stand in a circle. The facilitator should explain that they are going to put on a mask which displays great sadness. They should explain that when they peel off the mask they will throw it to someone else and call out the name of the person they are throwing it to. The facilitator should then peel off the mask revealing a happy smiling face. When the person called out catches the mask they must quickly think of another strong emotion to portray before repeating the process as above. Continue until everyone has had a turn and the whole group have happy smiling faces!!!

As the mask is thrown from one person to the other try and quicken the pace.

NOTE: The facilitator should start the proceedings with really exaggerated facial distortions to represent the extremes of the feelings and help the group to overcome any feelings of awkwardness.

**Resources:** None

