

## MASK ACTIVITY

Mask making is a major part of the celebration of Mardi gras. Having youngsters decorate masks would be an excellent way for them to express their feelings while giving them a connection to their culture and tradition.

Purchase preformed masks

Have youngsters decorate the outside of their masks with markers, feathers, paint and glitter. The outside of the mask should represent things that the youngsters want other people to know.

On the inside of the masks have the youngster write words or draw symbols of things that they don't feel comfortable sharing with others.

Have the youngsters tell you or others the aspects of the mask that they would like to share.

Variation – you can also do this activity with hats (also a creative aspect of Mardi gras is hat making!)

<http://www.tlcinstitute.org>

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