

Emotional Intelligence

Choose Yourself – Masks

Everyone wears a mask. This is the version or part of ourselves we choose to show our friends, family, teachers and wider community. These masks are not bad or wrong, nor are they good or right. The masks we wear often relate to our patterns of behaviour. Like our patterns, there are consequences and benefits to the masks we choose to wear.

Can you think of a time when you have worn a 'mask' at school?

- Think about how you want your classmates and friends to see you.
(eg: funny, confident, friendly, tough, popular).
- What do you do so others see you wearing this mask?
(eg: do you make jokes in class, volunteer to share your ideas in front of the class, pretend you don't care when people say things that you don't like, hang around people that you think are cool and popular).

Answer the questions in the reflection box about wearing masks.

Your task

For your EQ Sessions this week you will need to:

1. Think about a 'mask' that you wear, or a way you want others to see you.
2. Fill in the 'Mask I Wear' worksheet.
3. Make sure you colour and decorate your mask when you have finished.
4. Check your work, and send a copy to your classroom teacher.



Example:

A Mask I Wear

What I do so people don't see how I am really feeling.
I sometimes wear the 'cool' mask. I don't want people to see that I get nervous in class, especially when I don't know an answer or how to do something. So, instead of asking for help or admitting I don't know, I muck around and make jokes, to hide that I don't want people to know I'm not actually confident.



What are some benefits of wearing this mask?

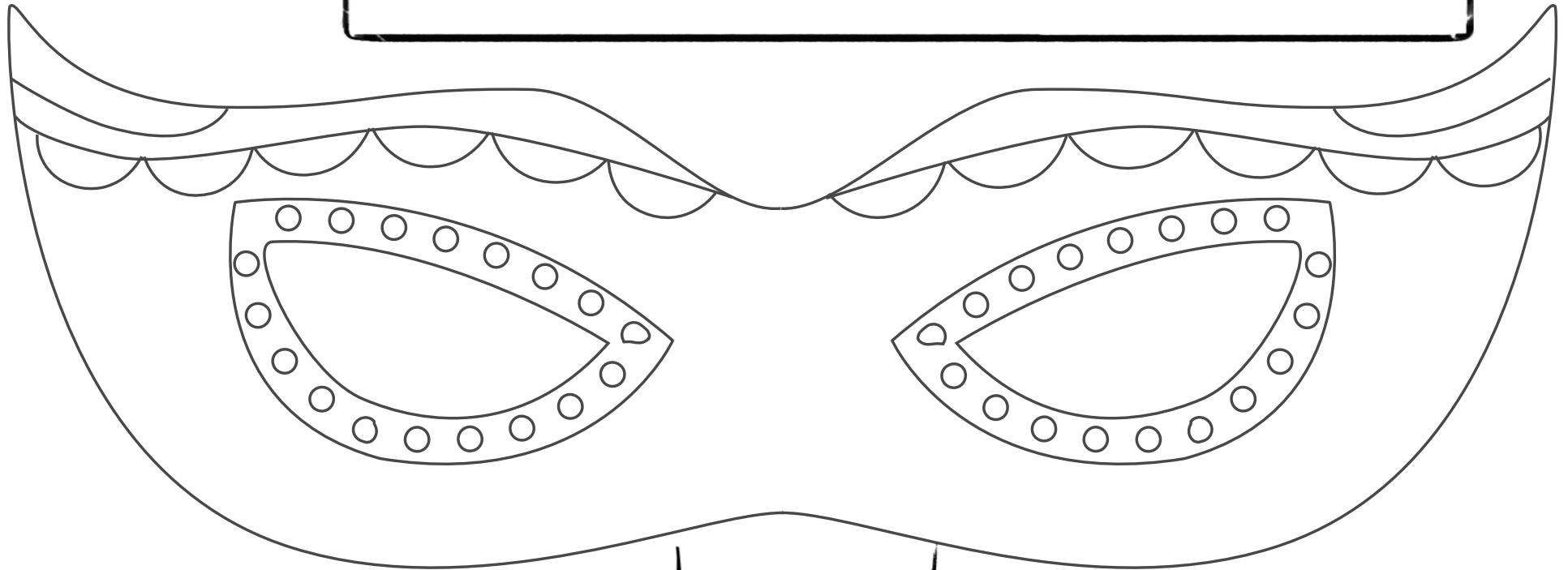
It can be good to wear this mask, because, for the moment, no one will know that I'm nervous or not confident.

What are some consequences of wearing this mask?

It can be dangerous to wear this mask because I am creating a pattern where I run away from my problems. In the future I might not have this choice, and I will be stuck. It can also make me feel very alone.

A Mask I Wear

What I do so people don't see how I am really feeling.

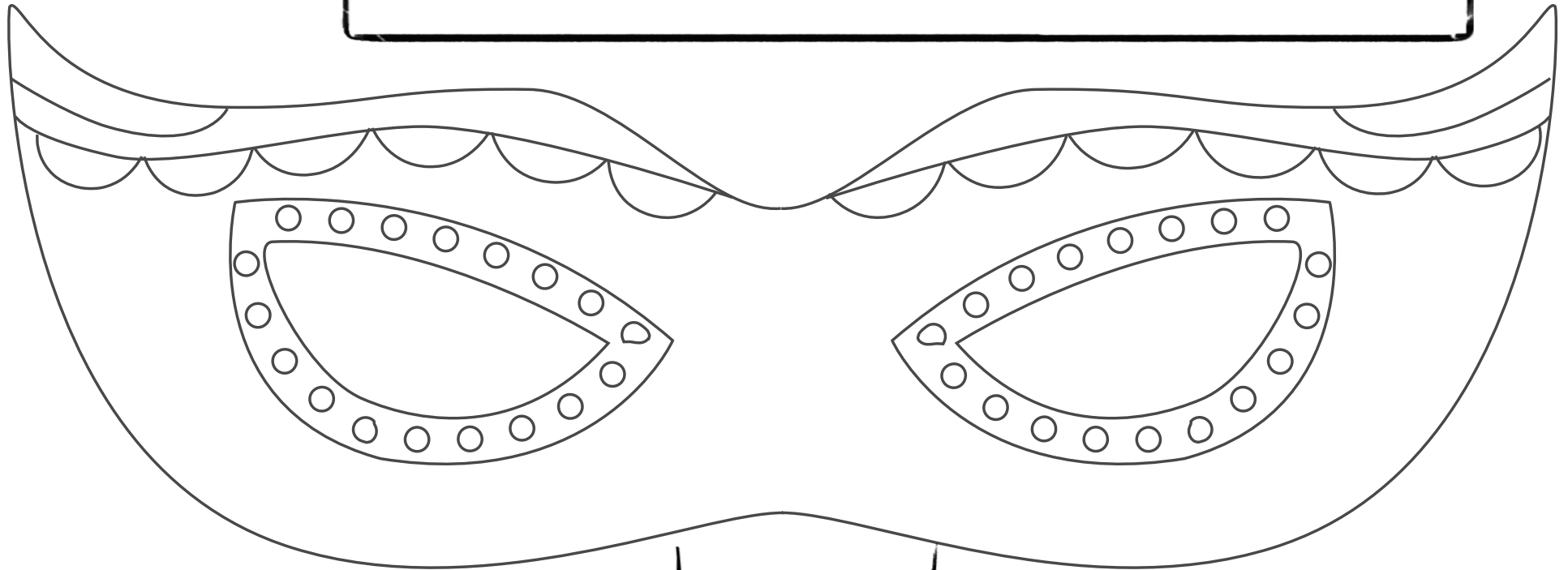


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What are some consequences of wearing this mask?

A Mask I Wear

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