

Activity **Make Your Mask**

As an adoptee, you have many thoughts and feelings about who you are, where you came from, what you want to share with others about yourself, how you see yourself, and how you believe or want others to see you. We all, in effect, wear a “mask,” choosing to show or not show different parts of ourselves. Think about what you want the world to see when looking at you and, using colored pencils or markers, draw it on the mask. Be as creative as you want. There is no wrong way, no right way. Be thoughtful about the colors you choose and what they represent to you.



Journal The Meaning of Your Mask

Think about what you chose to portray on your mask. Describe it. What do the colors represent to you? What does the design represent? Think about what you chose not to show on your mask. What did you choose to leave off and why? Where do you think these different parts of your mask came from? What parts feel like they are from your birth family, what parts from your adoptive family, and what feels like it's uniquely you?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.