

My Anger Mask

Sometimes emotions are easy to recognize in other people, but others might be hidden. **Anger** for example is an emotion very easy to see. However, sometimes anger is just a mask. **Other emotions** might be hidden behind that mask.



Here is a mask. You can create your own mask by using the cut-out template and colouring it. Now wear your **angry mask**. How do you feel?

Type or draw here...

Now take your mask off. Think of times you were angry. Can you think of **other emotions** you were feeling when angry? Examples can be **scared, lonely, hungry, jealous, physical pain, sad...**