

MASK-MAKING CIRCLE



Masks are worn for performance, entertainment, disguise, concealment, or protection. They have been around since ancient times and have been used in ceremony, storytelling, and dramatic enactment. Making a mask invites exploration of the persona we reveal or conceal from the world.

Creating and then wearing a mask allows us to expose parts of ourselves that we are not usually willing to embrace in everyday life. Or, in contrast a mask may cover up who we really are at the moment, and then acts as a protective shield from our true feelings. Lastly, we could simply be trying on a different persona and allowing our imaginations to run wild!

The mask-making exercise is a powerful ritual of commitment to the emotional self. This exercise helps us to reveal or discover a little bit about ourselves through creative expression. Often the masks we wear are illusions imposed on us that we feel responsible to carry or wear and portray in our outer world. We will explore and share together what our masks represent including what we show on the outside and what we keep on the inside. Some of the questions we will consider together are:

- a) What masks do you wear?
- b) What purpose does your mask serve?
- c) When do you first remember wearing the mask?
- d) What would happen if you were to stop wearing that mask?

Staff will facilitate the mask-making circle which will include an introduction, grounding exercise, mask-making and sharing circle. All residents and staff are welcome to attend. **We ask that everyone please arrive on time for two reasons: 1) is to honour yourself and others by making the circle a sacred time for self-care and 2) so that everyone can get the most out of the 2 hour mask-making process from start to finish. Thank you!**