



RESOURCEFUL ME

ART THERAPY

SELF-PORTRAIT WITH REMOVABLE FACE MASK

1. Print this “Self-Portrait with Removable Face Mask” template.
2. Use art materials to transform the face template (page 2) into a self-portrait. How are you feeling? Make your facial expression match the emotion. The template includes some light lines as guides, but you can draw overtop to create your own facial features.
3. Personalize and accessorize! Add your hair, your shirt, a hat, earrings, glasses – anything you like to make it feel like you!
4. Ask a grownup to help you cut slits along the dotted lines where the ears meet the face. This is where the “tabs” of the face mask will slide in. Cut the slits by gently folding the paper in the opposite direction and making a tiny cut along the line with scissors. Check out this video for a demo: <https://youtu.be/ieCfR7IGINY>
5. It’s time to make the face mask. Use page 3 of the template. Cut out the long strip at the top of the page by cutting along the black outline. This will be the strap or the “tabs” for your mask.
6. Cut out the big rectangle in the middle of the page by cutting along the black outline. This will be the face mask.
7. Fold the big rectangle so that all of the shaded strips are hidden. Check out this video for a demo: <https://youtu.be/ieCfR7IGINY>
8. Fold a piece of scotch tape along the left and right sides of the folded paper. This will seal the folds in place and create your mask.
9. Tape the long strip along the top of the mask. There will be two small “tabs” exposed on either side of the mask. Reinforce the tabs with scotch tape.
10. Decorate and personalize your mask, if you like!
11. Slide the reinforced tabs of your mask into the slits beside the ears on your self-portrait. Voila! Your self-portrait is now wearing a face mask.
12. Take a moment to reflect on your artwork. How does it feel to see yourself wearing a face mask? What’s it like to remove the mask? Complete the template by finishing the reflective statements at the top of your self-portrait.

*If this project brings up any feelings, worries, or fears, please reach out to someone you trust.

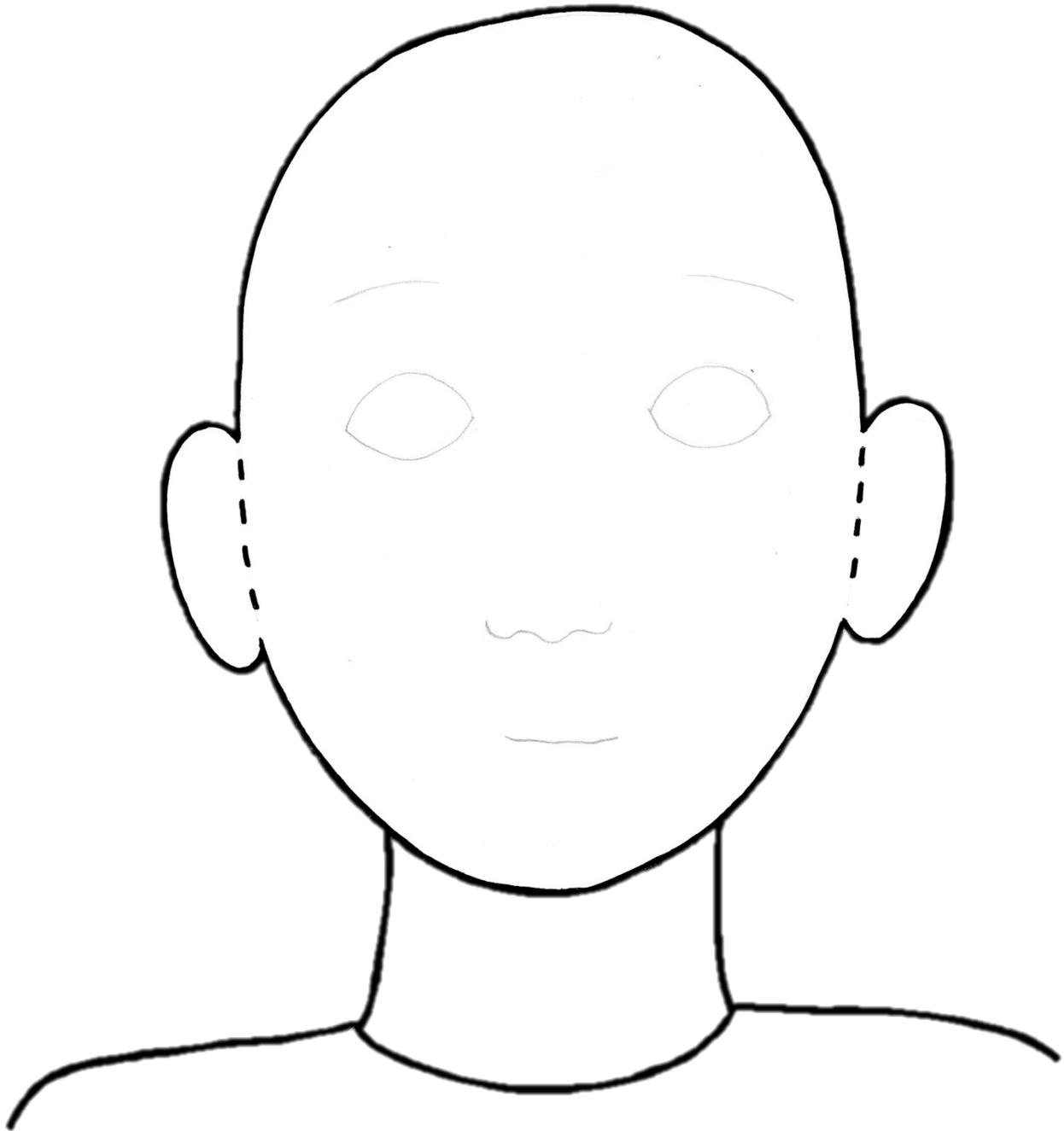
If you would like to chat about this new normal we find ourselves in, or could use some support with the adjustment, you can send me an email at hello@resourcefulmearttherapy.ca.

Sending you warm thoughts ~ Rubi

SELF-PORTRAIT WITH REMOVABLE FACE MASK

I am wearing a face mask because:

Behind my mask, I am feeling:



FACE MASK STRAP:



FACE MASK TEMPLATE:

