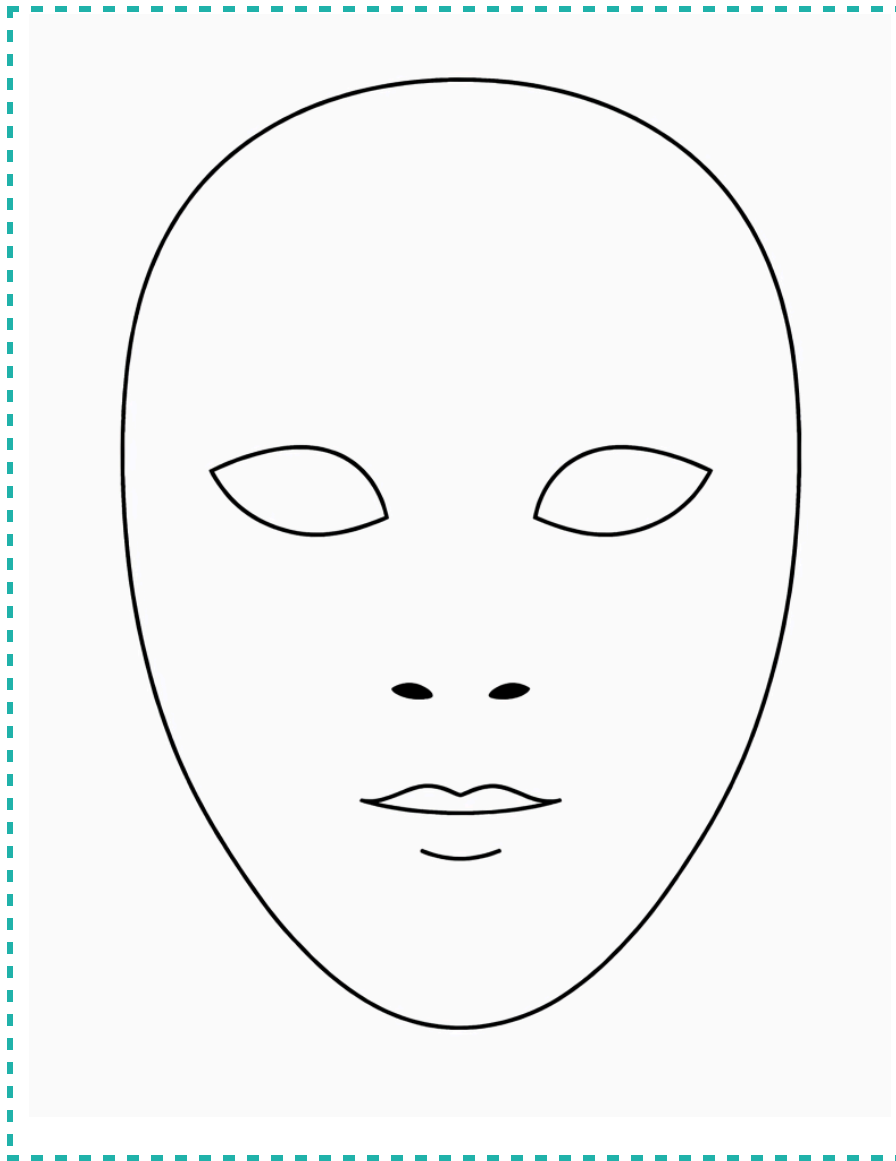


## Behind the Mask

To explore how often we mask our true feelings, we invite you to color a two-sided mask worksheet. On one side, illustrate what you typically reveal to the world—emotions, traits, or roles others see. On the reverse side, reflect what you tend to hide or protect behind the mask.

### SIDE 1: THE PUBLIC MASK



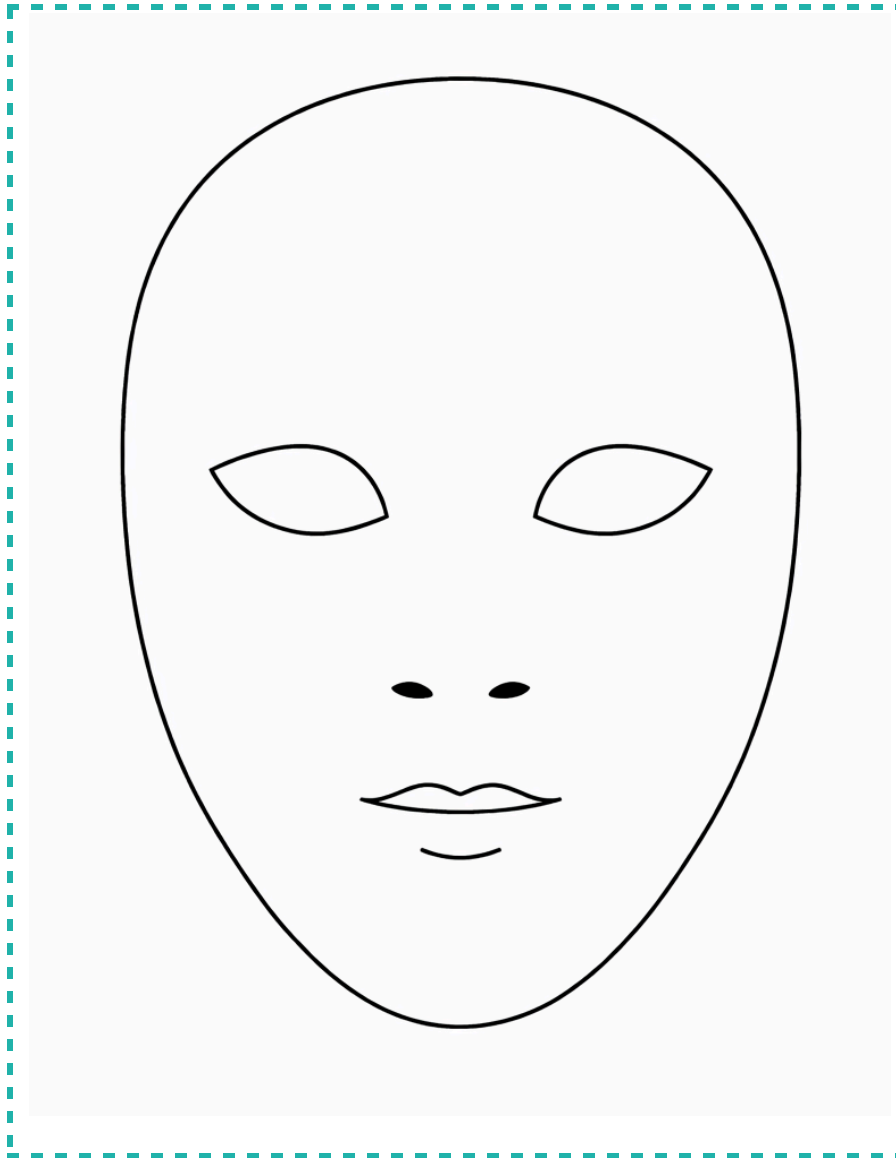
*What do you show to the world?*

#CreateConnectCare

bring  
change  
to mind

## Behind the Mask

### SIDE 2: THE HIDDEN MASK



*What do you hide or protect?*

*#CreateConnectCare*

bring  
change  
to mind

**Reflection:** After completing both sides, consider what you've discovered about yourself. Is there a gap between who you are and who you show? What would it feel like to bridge that gap?

Submit your completed project to [createconnectcare.org](https://createconnectcare.org) by March 31st, 2026.