

**Inside Out Art Therapy Mask**

Congratulations on taking a step in your recovery journey towards healing!

This activity is called the *Inside Out Art Therapy Mask* andcomes from CMHA Calgary’s community program called *Living Life to the Full.*

The purpose of this activity is to process your grief and truly acknowledge the pain you are experiencing after losing a loved one to suicide.

**Materials**

* Craft mask
* Paint (or markers)
* Palette or plastic plate for paint
* Paint brushes
* Cup of water to clean brushes
* Paper towel

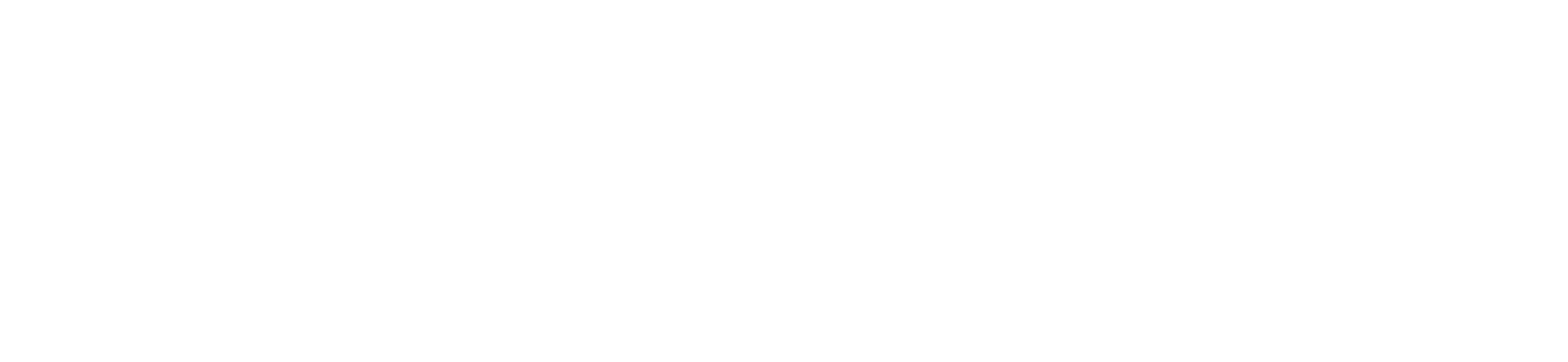
**Directions**

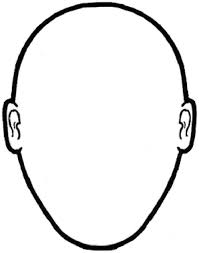
1. Use the blank face template on the following page to draft your idea of the mask you want to draw or paint.
2. On one-half of the mask, draw or paint a representation of your grief and how you show it to the world. *Example: Flowers, hearts, sunshine*
3. For the other half of the mask, draw or paint a representation of your grief and how it actually feels on the inside. *Example: Broken heart, use of the color black, tears*



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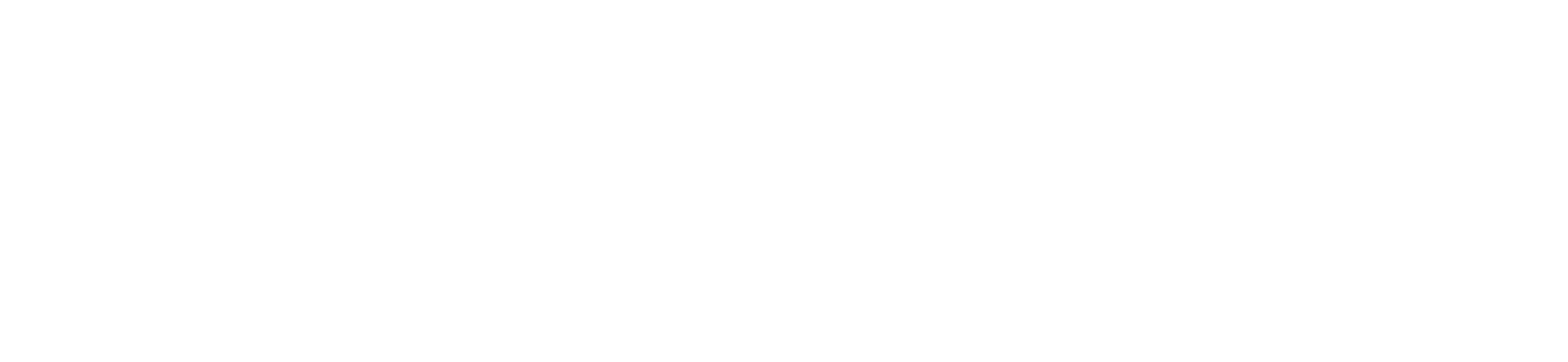


**[](http://clipart-library.com/blank-face-template.html)**



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**Examples**[](https://cmha.calgary.ab.ca/balance-blog/)

[](https://danielleharth.wordpress.com/2013/10/06/art-therapy-masks-made-by-combat-veterans/)

[](https://www.democraticunderground.com/1016112303)[](https://www.ouchie.com/blog/2018/11/20/art-therapy-how-art-can-help-with-chronic-pain)



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