



C3 KIDS

AGES
5 - 11

when the world
SHAKES

ACTIVITY WORKSHEET

PACKED WITH ACTIVITIES AND GAMES



What's Behind The Mask?

HAVE YOU EVER BEEN...

...to the theatre or to a show and the actors are wearing a mask pretending to be a character or a creature, someone or something that they are not in order to fit into the story? The effect of wearing the mask is that the actor - the real person - remains hidden. Well sometimes in life we are like this too. Mostly we choose to hide a negative feeling or emotion (sadness, frustration, anger, or anxiety) behind a positive one.

Has anyone ever asked 'How are you?' Or, 'How was your day?' And you reply "Oh I'm fine" or "It was good." But did you really mean it? Were you FINE? And was your day REALLY good?

Sometimes we do not always answer truthfully. Sometimes this can be because we don't really know how we are feeling, or we don't think that people really want to hear what we have to say. Sometimes we don't want to speak about it, and so we just say what we think the other person wants to hear or what will just stop the questions.

This can be called avoidance or being defensive. Sometimes this is referred to as wearing a mask. Because behind the mask (our facial expression) our feelings or emotions are very different.

Try making big gestures and watching the person's body language.

Have you ever done this? Sometimes it's right to not share if we do not feel safe or trust the person but mostly it's much better to express our true feelings and worries to stop them multiplying. Remember the shaken up bottle of lemonade last week? Well this is the same thing. Hiding who we really are is not good for us in the end.

Wearing a face covering today when we are in shops is a lot like this too. We are asked to wear these masks now to stay safe - they hide peoples' noses and mouths so that infection cannot spread. This also means that they can hide our facial expressions which can make it difficult to know how people are feeling. This may cause confusion, especially at school. After all, in September your teachers may be wearing them too!

We could try to speak loudly and clearly too.

MEMORY VERSE

DAVID CONTINUED TO WRITE HIS SONGS. LETS READ PSALM 34 TODAY. READ IT ALL IF YOU CAN AND THEN TRY LEARNING A VERSE THAT APPEALS TO YOU - THERE ARE SO MANY GOOD ONES!! WE HAVE CHOSEN PSALM 34:4: "I SOUGHT THE LORD, AND HE ANSWERED ME; HE DELIVERED ME FROM ALL MY FEARS."

ACTIVITIES FOR THIS WEEK

1

Thinking back to last week when you drew different emotions, look at a happy face what can you see?

What shape are the eyebrows, the eyes, and the mouth? What about the cheeks? What do you notice? Now cover up the mouth and cheeks with a mask. Can you tell that the person is happy? Now try it with: a sad face, an angry face, a worried face and a scared face.

2

Now play this game. *Guess How I am Feeling*: Take it in turns to wear a face mask. If you don't have any at home, why not make one!! The person wearing a mask makes the face of an emotion/feeling. The other person guesses how they are feeling. Take off the mask and reveal the emotion. Did you get it right?

Re-play the game but this time add in some dramatic gestures or body language to help show how you are feeling. Did this make it easier?

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A great book to read is *The Way I Feel* by Janan Cain



THANK YOU FOR DOING THIS ACTIVITY WORKSHEET



We would love to see what you have made!

Please share your creations KIDS@THEC3.UK

Every Sunday we do Kids Church Online

and we would love for you to join us.

Search for C3 kids on YouTube or Facebook

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