



Healthy & Learning Lifestyle

Pupil assignment:
Masks ON! - Masks OFF!



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ASSIGNMENT FACTSHEET

This assignment includes these topics:

- Nutrition
- Exercise
- Mental health ✓
- Physical health
- Your own (healthy and learning) lifestyle
- The lifestyle of others
- The healthy and learning lifestyle circumstances at home
- The healthy and learning lifestyle circumstances at school
- Other topic, being:

This assignment is:

- Challenge based
- Exchange oriented
- Aimed at personal development ✓

Key words or hashtags for
this assignment are:

Healthy Lifestyle
Mental Health
Personal Development

This assignment includes these pupil
activities:

- Investigate or research
- Contact experts and practitioners
- Present and discuss their findings ✓
- Other activity, being: ✓

This assignment includes elements of
these school subjects:

- Math
- English ✓
- Physical Education
- Biology
- Geography
- ICT
- Physics
- History
- Other subject(s), being: Personal development/ Interpersonal Emotional Management/ Intrapersonal Emotional Management (the subjects name may vary from country to country) ✓



Masks ON! - Masks OFF!

SHORT DESCRIPTION

In this assignment pupils will work on transmitting their perception of themselves and the way they consider others see them, using art therapy techniques

PUPIL TARGET

12-15 year olds in secondary school.

REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

Describe which competences, skills and knowledge pupils need up front.

Pupils should be able to already...

- Use Google meets/Zoom/Microsoft teams
- Use English at a minimum A2 level (to interact with pupils abroad)
- Talk about their feelings and open to others

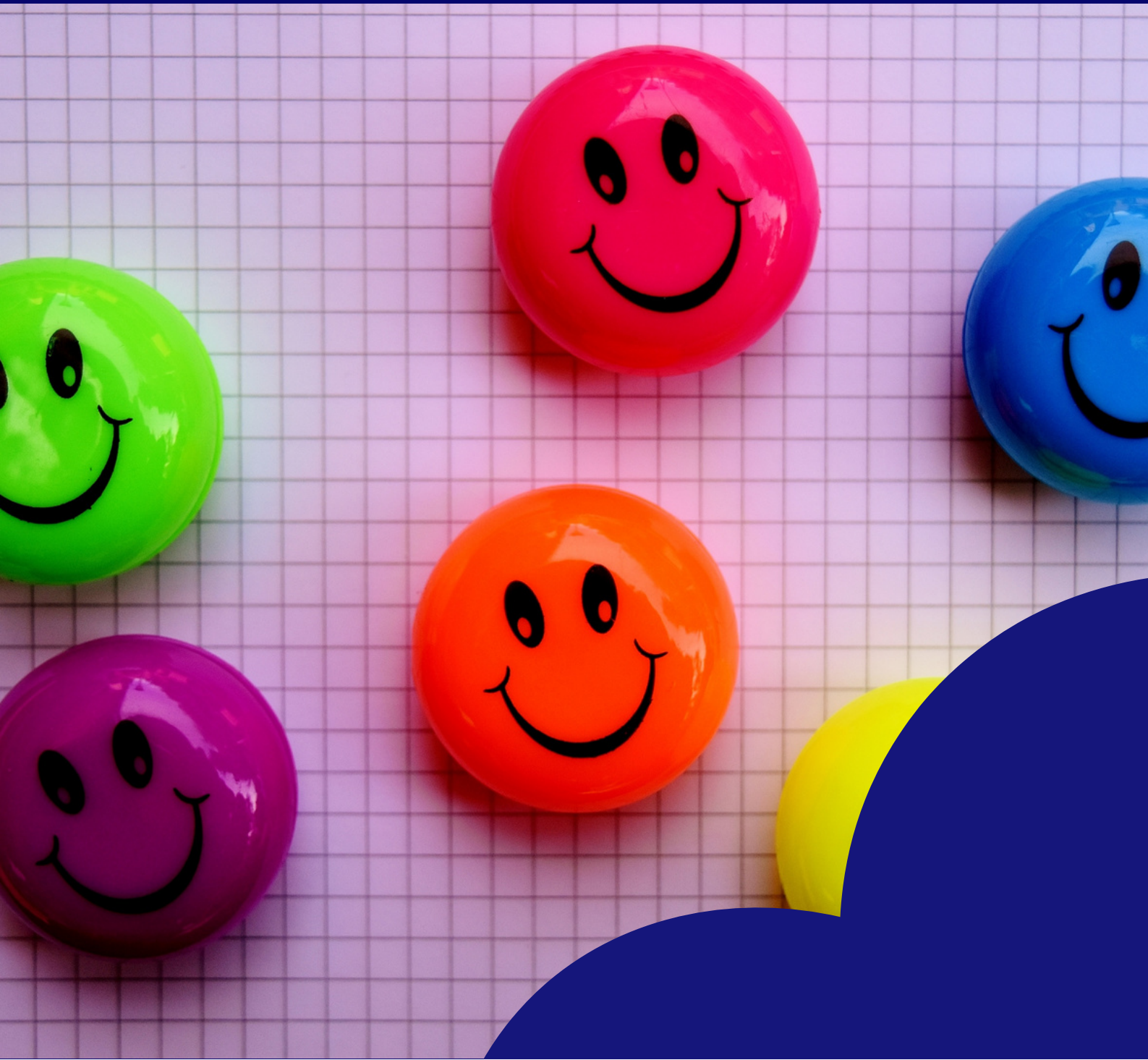
GROUP SIZE AND WAY OF EXECUTION

This starts as an Individual assignment and then will be a Group one, with sharing, discussion, and presentation elements upon completion of the assignment, in groups no larger than 20 pupils (or maximum 5/country if it is online).

TIMEFRAME

Preparation time need by teacher (and pupils):
Between 1-2 hours to procure the materials needed.

Expected total duration of the assignment (to execute the assignment): 50 minutes (offline or online).



FULL DESCRIPTION OF THE ASSIGNMENT

Part 1 (before classroom):

- Previously ask the children to bring for their class assignment the following materials:
- Pencils / markers/ pens / crayons
- Magazines / Newspapers
- Tissue paper
- Scissors
- Sequins
- Sparkles
- Feathers
- Glue
- Printed mask (see model attached- they can choose between the 2 models).

Part 2 (30 minutes):

Request the kids to use the front of the mask to depict how they believe others perceive them using drawings, symbols, and words.

Ask them to draw how they see themselves on the back of the mask, especially in ways that contrast from the front. The teacher could use the following simple instructions:

- Decorate the mask's exterior to reflect how you believe others or the outside world see you.
- Decorate the inside of the mask to reflect your personality (the inner you)
- There is no right or wrong way to go about this. You can also choose from a wide range of materials.

Part 3 (20 minutes):

The teacher will ask the pupils to present their decorated masks helping them to elaborate their description with additional questions, such as:

- Describe the similarities and differences between the interior and outer sections of the mask.
- Why do you think you like for the others to see you like this?
- Is there something about your way of being that you prefer that only some people to know (for example your family, your close friends, etc.)
- What is the relationship between your outward and internal self?
- Do you have some friend or a family member that others consider him/her to be in a certain way, but you know for sure it is not true? Explain.
- What have you discovered about yourself as a result of the mask project?

FULL DESCRIPTION OF THE ASSIGNMENT

If the questions are difficult the teacher could simplify them. Allow kids to discuss and share their masks. Some kids will be hesitant to share their artwork, but you can always urge them to talk about the topic instead of exhibiting it.

As conclusion, the teacher could use the following text to summarize the class: Masks are all about communication via the worn image of a face. You have seen that sometimes there is a difference between the way we see each other, the way others see us and the way we really want to be. We even put a mask on our Instagram, Tik Tok or Facebook account, presenting a “cooler” version of ourselves.

Masks have the ability to bring to consciousness how we see ourselves or what we want we could be.

This project assumes that we all wear masks, revealing different sides of ourselves to the outside world.

It's fine to have these feelings, and this process simply aids us in better understanding ourselves and accepting our many qualities and also helps us to start making plans as to reach our best version (the way we want to be), and to let others see that as well.

We simply increase our awareness of this and practice embracing all aspects of ourselves.

MATERIALS NEEDED

- Pencils / markers/ pens / crayons • Magazines / Newspapers
- Tissue paper
- Scissors
- Sequins
- Sparkles
- Feathers
- Glue
- Printed mask (see model attached- they can choose between the 2 models)

LEARNING GOALS

Upon completion of this assignment, Pupils will know:

- Make a difference between the way they see each other; the way others see them and the way they really want to be
- Start thinking about way to self-improve, as to reach the better version of themselves
- Start thinking of better ways to communicate with the exterior about themselves, so that the gap between the way they are/ the way they want to be and the way others see themselves to be shorter.

ASSIGNMENT DEVELOPER

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ONLINE INTERACTIVE & INTERNATIONAL FOLLOW-UP ASSIGNMENT

Social Media Masks ON! - Masks OFF!

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this assignment pupils will work on transmitting their perception of themselves and the way they consider others see them.

ORGANISATION AND WAY OF EXECUTION

Organisation In groups (how big, how many, per country, mixed, individually?), etc.

- Maximum 20 pupils (or 5 pupils/country)

Technically Which online tool(s)? plenary session? breakout rooms? etc.

- Use Google meets/Zoom/Microsoft teams

Expected total duration: 50 minutes

FULL DESCRIPTION OF THE ASSIGNMENT

Have the students sit together in small online breakout rooms of 2 or 4.

They would then exchange and look up their social media account details (Facebook, Instagram or so) with each other. Then they take some time to research and then say a few things about the other(s), based on the online media presence of their peers: hobbies, the way they are/seem, etc. Then check it with them in their conversion and talk it over. This way they discover who is behind “the (social media) mask”, and how other see them, and how they see others.

The teacher will guide the pupils to answer based on questions such as:

- What do you think about the social media profile you have just seen? (It is happy, cool, mysterious, not many information, etc.)
- What did you like best about that profile? - What hobbies do you think the person behind that profile has?
- Do you think you have things in common? What things?
- If it was that person birthday, what gift would you give him/her?
- Would you like to add/share similar things on your profile (recreate some pictures, for example)?
- If the person from that person would be an animal, what animal would he/she be? Why?

At the end, each pupil will comment the descriptions received from their peers (what they agree with/ what they don't agree with, things to add, etc.).

As conclusion, the teacher could use the following text to summarize the class:

On social media people sometimes present a different image about themselves, a more “cooler” one, as they consider to be. It is like putting a mask on your face. You have seen that sometimes there is a difference between the way we see each other, the way others see us and the way we really want to be. Masks have the ability to bring to consciousness how we see ourselves or what we want we could be.

FULL DESCRIPTION OF THE ASSIGNMENT

This project assumes that we all wear masks, revealing different sides of ourselves to the outside world. It's fine to have these feelings, and this process simply aids us in better understanding ourselves and accepting our many qualities and also helps us to start making plans as to reach our best version (the way we want to be), and to let others see that as well. We simply increase our awareness of this and practice embracing all aspects of ourselves.





www.healthy-lifestyle.school

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