



Unmasking Brain Injury

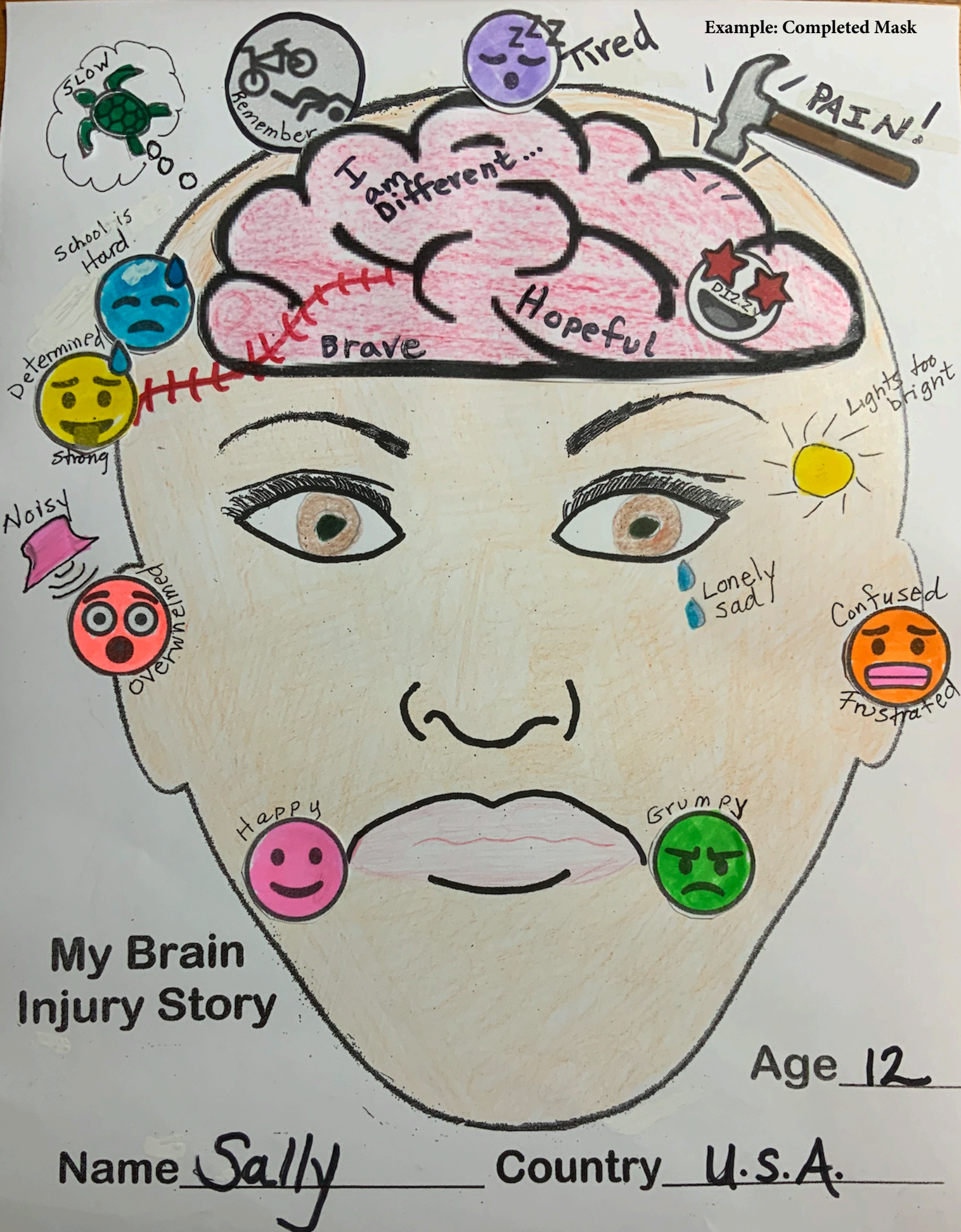
Instructions: Pediatric/Adolescent Version

- A. Goal of the Project:** Using various forms of communication, a paper mask outline, and art materials, this project will support children/youth with acquired brain injury (ABI) to:
1. Identify and express their feelings and emotions associated with their brain injury/journey.
 2. Translate these feelings into words, colors, or images/pictures/clip art for placement on a paper mask.
 3. Increase awareness of the impact and prevalence of pediatric ABI across the world.
- B. Documents Provided:**
1. *Instructions:* Description/procedure (See section D below)
 2. *Supporting Documents: "Sally Samples"-*
 - a. Completed Sally Sample My Brain Injury Story Graphic Organizer
 - b. Photo of completed Sally Sample mask
 - c. Completed Sally Sample Written Narrative
 3. *Supporting Documents for project:*
 - a. Paper mask outlines
 - b. My Brain Injury Graphic Organizer
 - c. Feelings/emotions guide sheet
 - d. Brain image (to color/cut and paste-optional)
 - e. Emoji feelings guide sheet (to color/cut and paste-optional)
 - f. Feelings color wheel guide sheet (this requires a color printer if you wish to cut and paste)
 - g. My Brain Injury Written Narrative form (optional)
- C. Suggested Materials that you Provide:**
1. *Computer/printer*
 2. *Pencils, Crayons, colored pencils, markers, highlighters*
 3. *Scissors/adapted scissors, glue, tape*
 4. *Paint and paint brushes*
 5. *Yarn, clay/Playdoh, scraps of fabric*
 6. *Construction paper/tissue paper*
 7. *Glitter*
 8. *Images from Google images, clip art, stickers, pictures from magazines*

D. Description/Procedure: To support children and youth living with ABI to successfully engage in the “Unmasking Brain Injury” activity, the following steps will assist them in creating a mask that depicts the hidden feelings behind their brain injury.

1. **Introduction:** Explain to the children/youth they are invited to participate in an art activity where they can share their experience and feelings about their brain injury.
2. **Modeling/Demonstration:** (*Use Sally Sample folder materials*)
 - a. Show and review the sample of “Sally’s” completed mask.
 - b. Review the feelings worksheets (words, colors, emojis) to show where the ideas for Sally’s sample mask came from.
 - c. Review Sally’s completed graphic organizer to demonstrate how it was filled out before she began working on her mask.
 - d. Read Sally’s Written Narrative aloud.
 - e. Discuss the different feelings Sally may have had as she completed the activity.
3. **Activities:**
 - a. Have the participants write their name, age and country on the My Brain Injury Story Graphic Organizer.
 - b. Assist them with the completion of the My Brain Injury Story Graphic Organizer using the feeling and emoji documents as a guide (you may have to scribe for some of the participants).
 - c. Have the participants select one of the 2 mask outlines provided.
 - d. Some participants may wish to cut out and paste the brain outline provided and glue it on the top part of the mask, as in the Sally example.
 - e. Each participant can use the colors, images, pictures, textures, emojis, words and other materials that best represent what they listed on their graphic organizer to design/develop their mask. They may wish to express different feelings on separate sides of the mask.
 - f. When finished, some participants may wish to write a short paragraph explaining their mask/feelings on the My Brain Injury Story Narrative document.
4. **When project is completed:**
 - a. Take **photos** of the mask, graphic organizer and optional narrative.
 - b. Email the photos to cwillis@hindsfeetfarm.org (subject line: **Pediatric Unmaking Brain Project**).

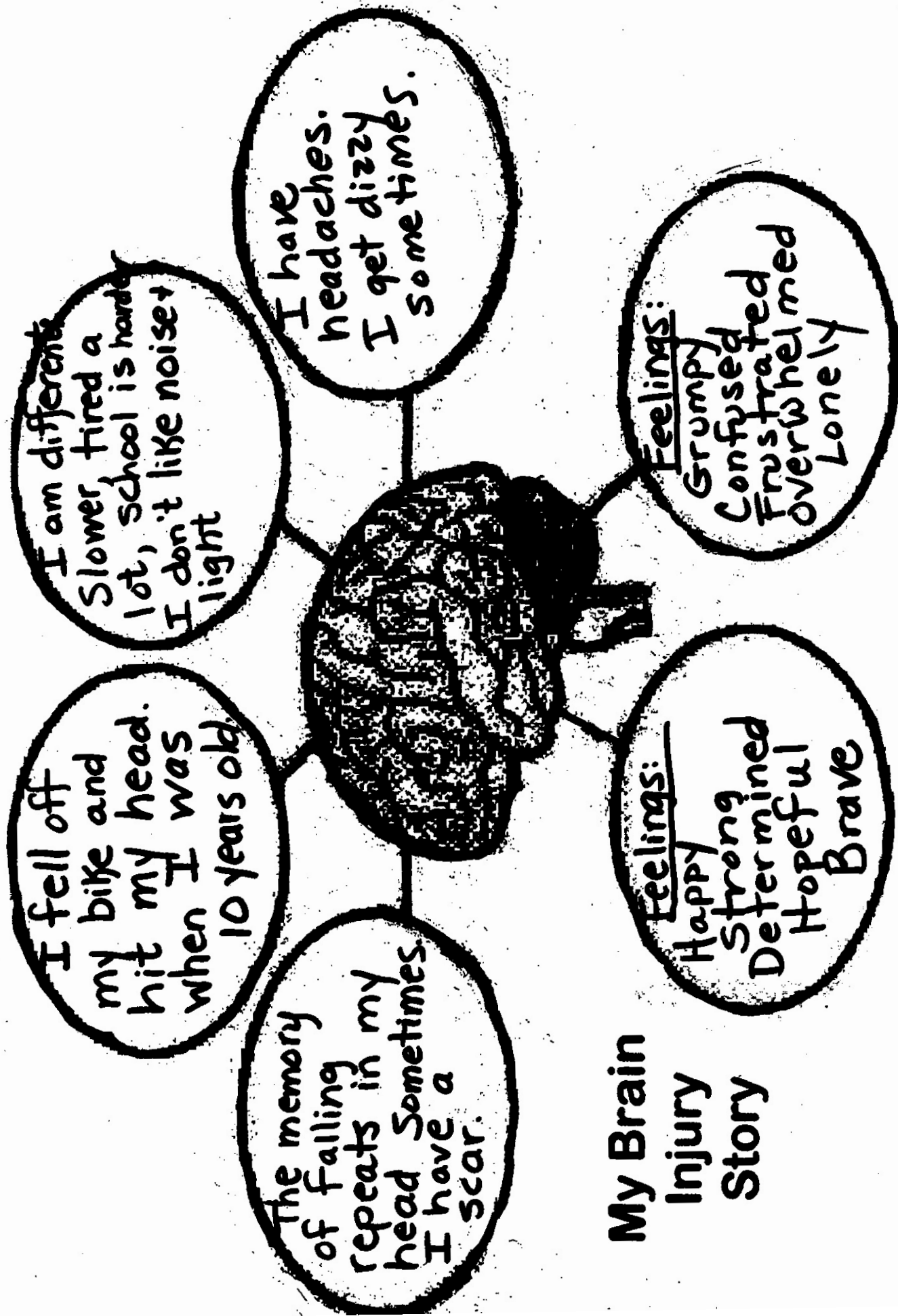
D. SMILE! You have just contributed to a movement that is bringing awareness of the impact and prevalence of brain injuries in children and youth across the world 😊.



Name Sally

Age 12

Country U.S.A.



My Brain
Injury
Story



My Brain Injury Story

Name Sally Age 12 Country U.S.A.

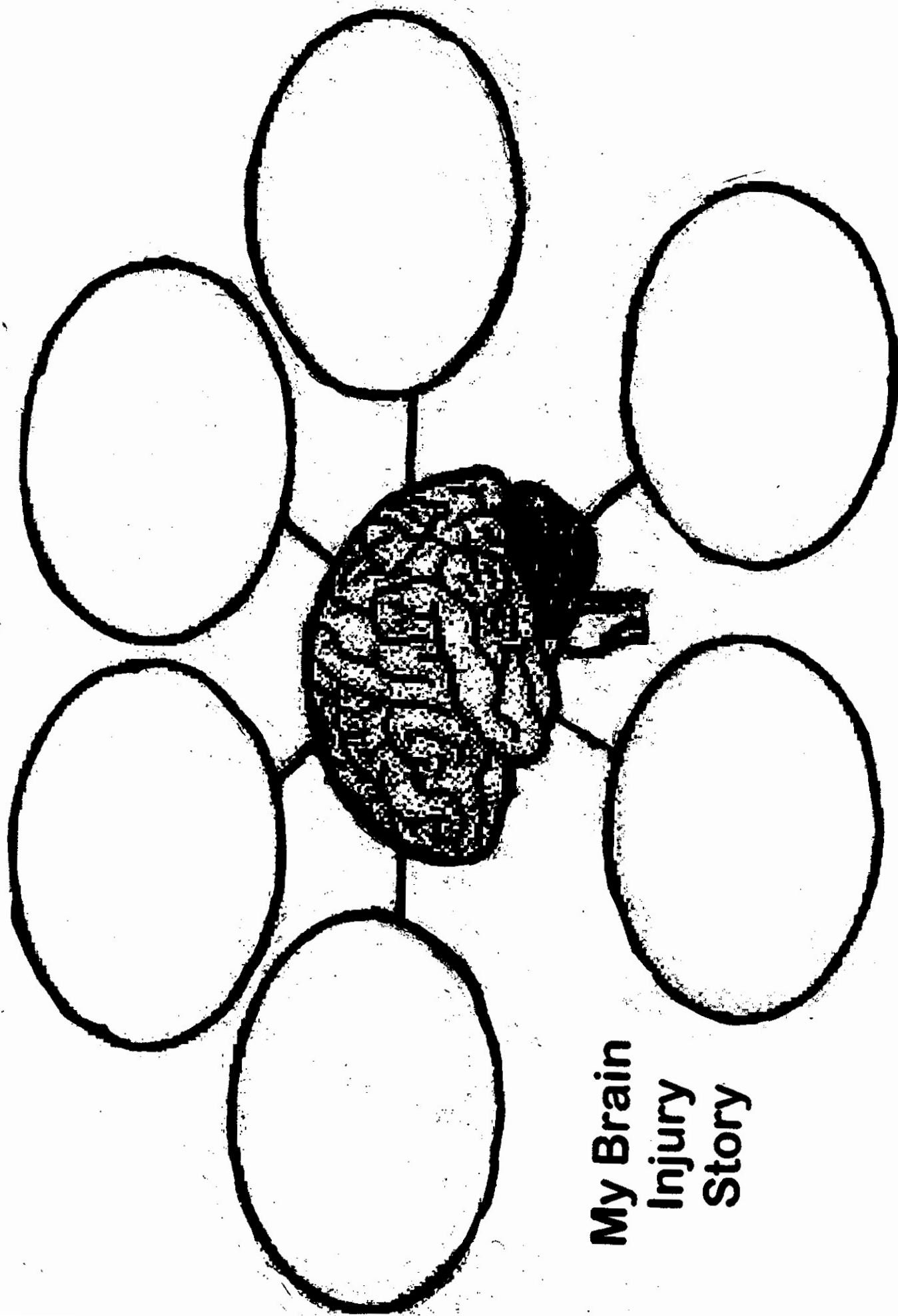
When I was 10 years old, I went for a bike ride, hit a bump in the road and fell off my bike. I hit my head and was in the hospital. I have a brain injury, and a scar on my head.

My brain injury changed the way I do things. It takes me more time to think and answer questions, so school is a lot harder than before. I am tired a lot, and sometimes I am dizzy or have a headache. Noise and bright lights bother me after my brain injury.

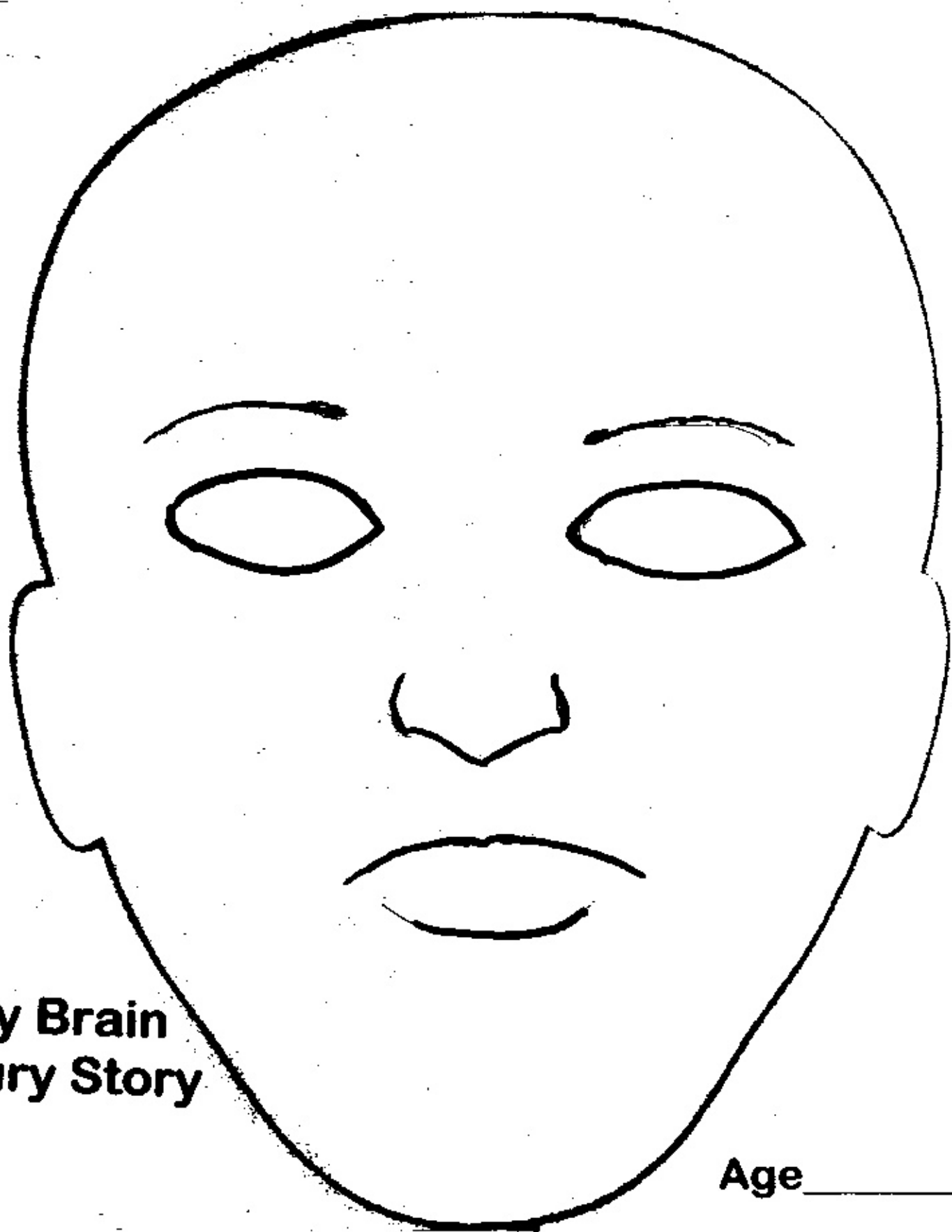
Sometimes I am happy, but other times I feel grumpy. When things I am asked to do make me confused, I get overwhelmed and frustrated, and get really grumpy. When I have help, I am happy, and determined to try my best and be strong. My teacher said I am brave, and that makes me hopeful about school.

Although I keep remembering when I fell off my bike, and am sad that I have a brain injury, sharing my feelings about it helps me to feel better. If you had a brain injury, you should share your feelings, and you won't feel lonely.

Name _____ Age _____ Country _____



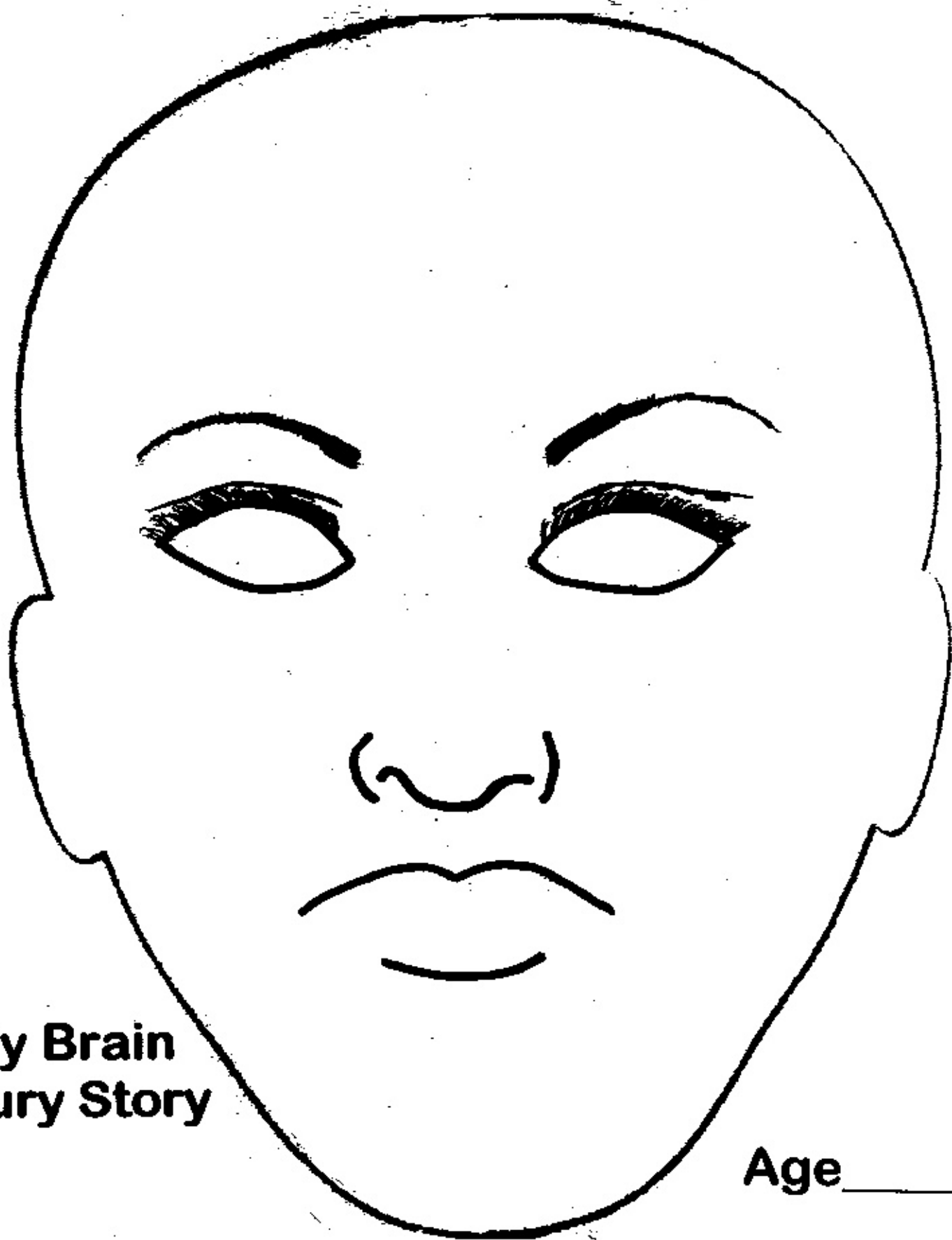
**My Brain
Injury
Story**



**My Brain
Injury Story**

Age _____

Name _____ **Country** _____



**My Brain
Injury Story**

Age _____

Name _____ **Country** _____



Suggested Feelings/Emotions List Guide
Circle any of the feeling words you may wish to
place on your graphic organizer/mask.

You may also choose your own
feeling words not listed here.

Amazing
Awesome
Brave
Brilliant
Calm
Capable
Cheerful
Comfortable
Confident
Courageous
Creative
Determined
Eager
Energetic
Enthusiastic
Excellent
Fabulous
Fun
Funny
Glad
Good
Great
Helpful
Hopeful
Interested
Joyful
Kind
Lovable
Love
Lucky
Peaceful
Playful
Positive
Powerful
Proud
Ready
Receptive
Relaxed
Relieved
Safe
Satisfied
Stable
Strong

Terrific
Thrilled
Valuable
Wanted
Welcomed
Whole
Wise
Worthy

Afraid
Angry
Bright lights
Challenged
Cheated
Confused
Depressed
Different
Disappointed
Distracted
Dizzy
Embarrassed
Exhausted
Frightened
Frustrated
Gloomy
Grief
Grouchy/Grumpy
Guilty
Hard
Hated
Helpless
Hopeless
Humiliated
Hurt
Isolated
Jealous/jealousy

Lonely
Neglected
Nervous
Noisy
Overwhelmed
Pain
Panic
Pity
Rageful
Rejected
Sad/Unhappy
Shame
Slow
Suffering
Quiet
Remember/Memory
Tired
Worried

