OREGON’S TRANSFORMATIVE SOCIAL AND EMOTIONAL LEARNING

# Inner and Outer Masks

**Outer Identity**

**(The Mask You Show to Others)**

Using words, pictures and colors, create your outer mask that shows your qualities, emotions and traits that you show to others. Use the following questions to guide your reflection:

* How do you think your students, colleagues or parents perceive you?
* What traits or behaviors do you consciously emphasize in your role as an educator?
* What professional roles or identities do you display most frequently (e.g., leader, mentor, disciplinarian)?
* How do you adjust your outer persona depending on the situation or audience (students vs. parents vs. colleagues)?

**Inner Identity**

**(The Mask You Hide from Others)**

Using words, pictures and colors, create your inner mask that shows your qualities, emotions and traits that you keep private. Use the following questions to guide your reflection:

* What parts of your identity do you keep private, either consciously or unconsciously?
* What core values or passions guide you but might not always be obvious in your teaching or working with others?
* Are there aspects of your identity (such as cultural background, family life or past experiences) that you wish you could share more openly?

**Reflection and Discussion Questions**

**(For Both Masks)**

* What resonated with you?
* How does this activity connect to our sense of identity and belonging?
* How does your outer identity align or conflict with your inner identity?
* How do you create an emotionally safe and supportive space where students feel comfortable sharing their outer and inner identities?
* How do your own emotional experiences and self-awareness impact the way you relate to your students?