



# **Instruction Packet for Unmasking Brain Injury Project**

*Installment at Upcoming International Paediatric  
Brain Injury Society & North American  
Brain Injury Society 2022 Joint Conference  
on Brain Injury*

September 21 – 24, 2022  
Wyndham New Yorker  
New York City, New York



## Unmasking Brain Injury

### Instructions: Pediatric/Adolescent Version

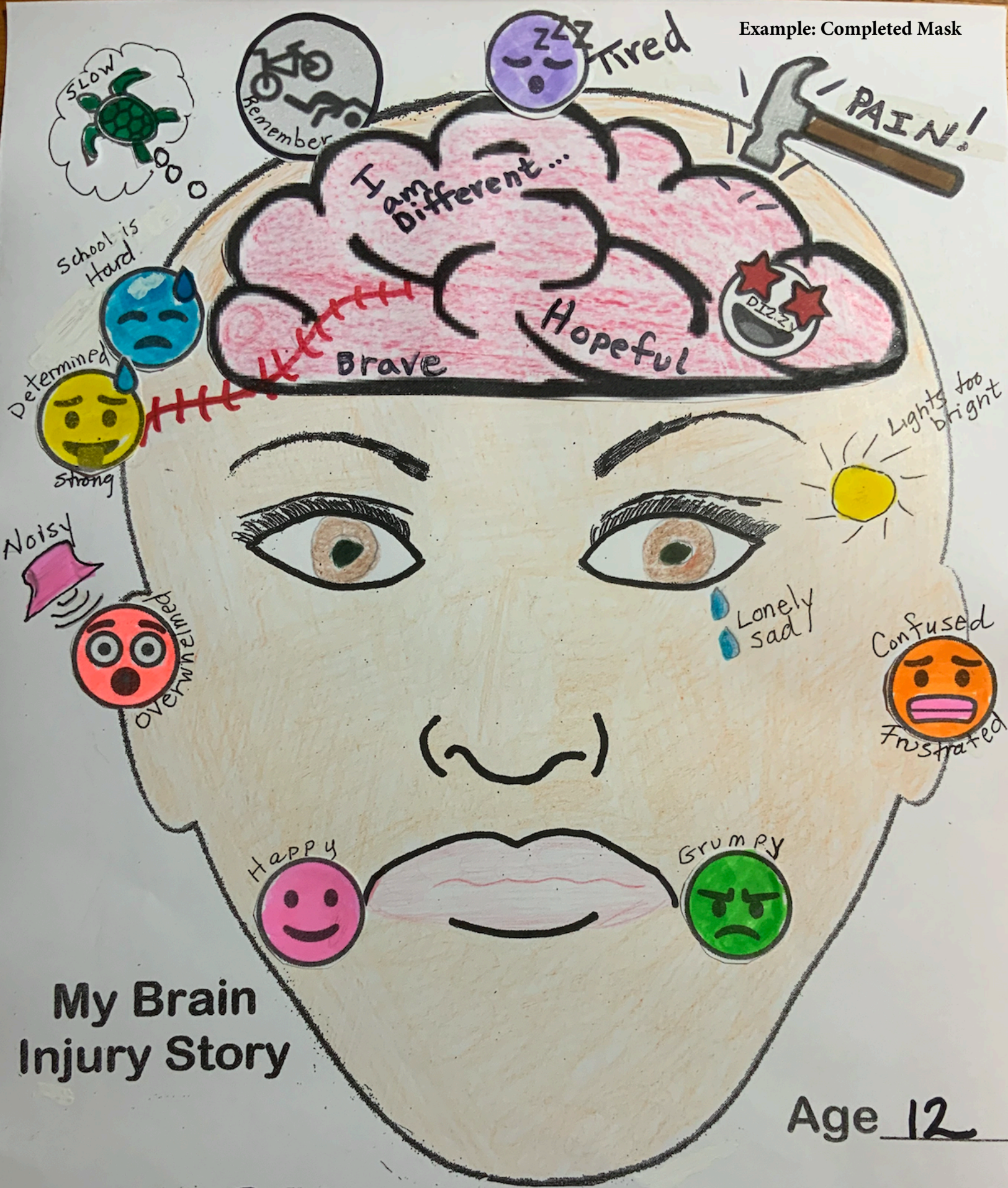
- A. Goal of the Project:** Using various forms of communication, a paper mask outline, and art materials, this project will support children/youth with acquired brain injury (ABI) to:
1. Identify and express their feelings and emotions associated with their brain injury/journey.
  2. Translate these 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](mailto: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 😊.





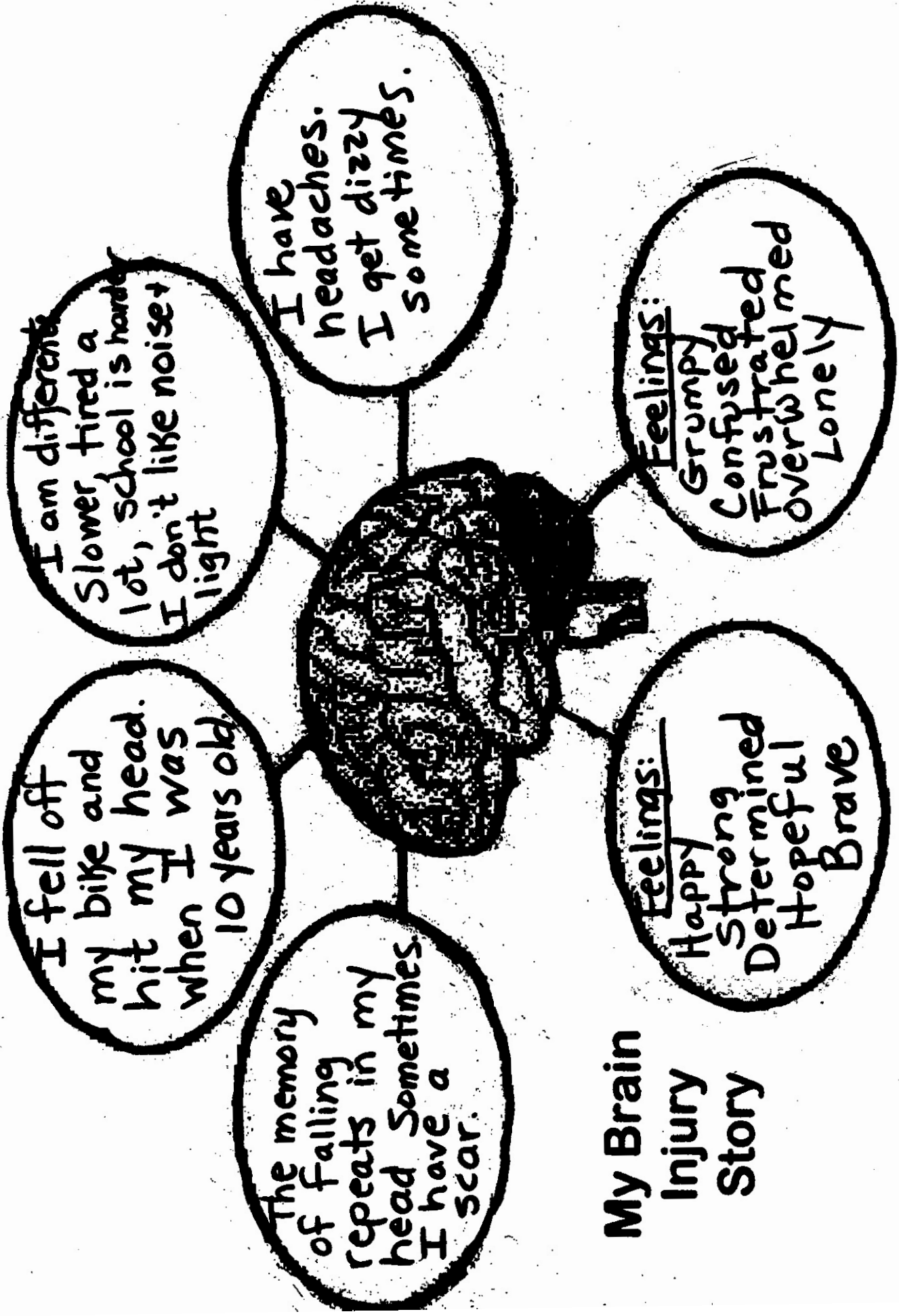
# My Brain Injury Story

Age 12

Name Sally Country U.S.A.



Name Sally Age 12 Country U.S.A.





## My Brain Injury Story

Name Sally Age 12 Country U.S.A.

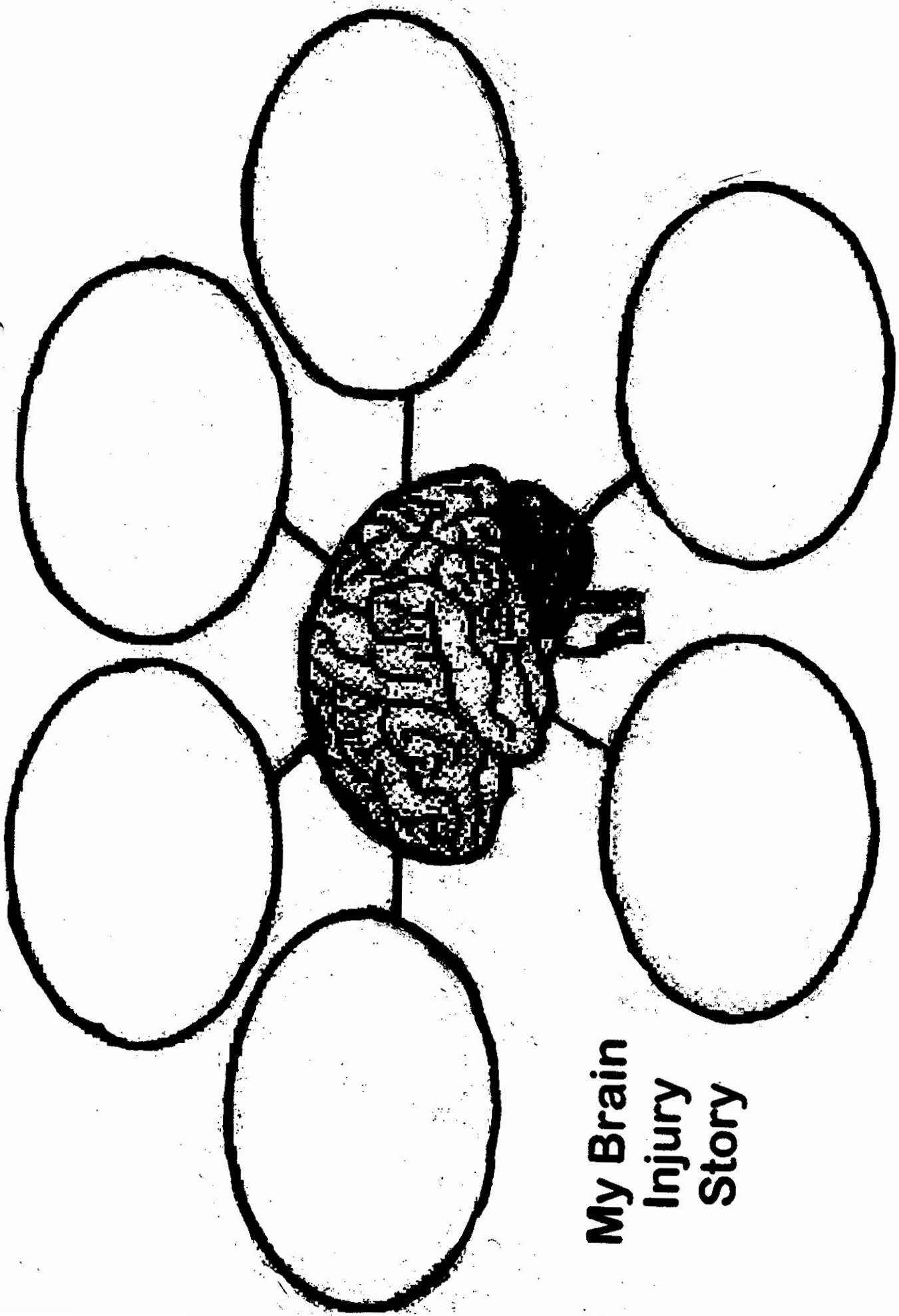
When I was 10 years old, I went for a bike ride, hit a bump in the road and fell off my bike. I hit my head and was in the hospital. I have a brain injury, and a scar on my head.

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.

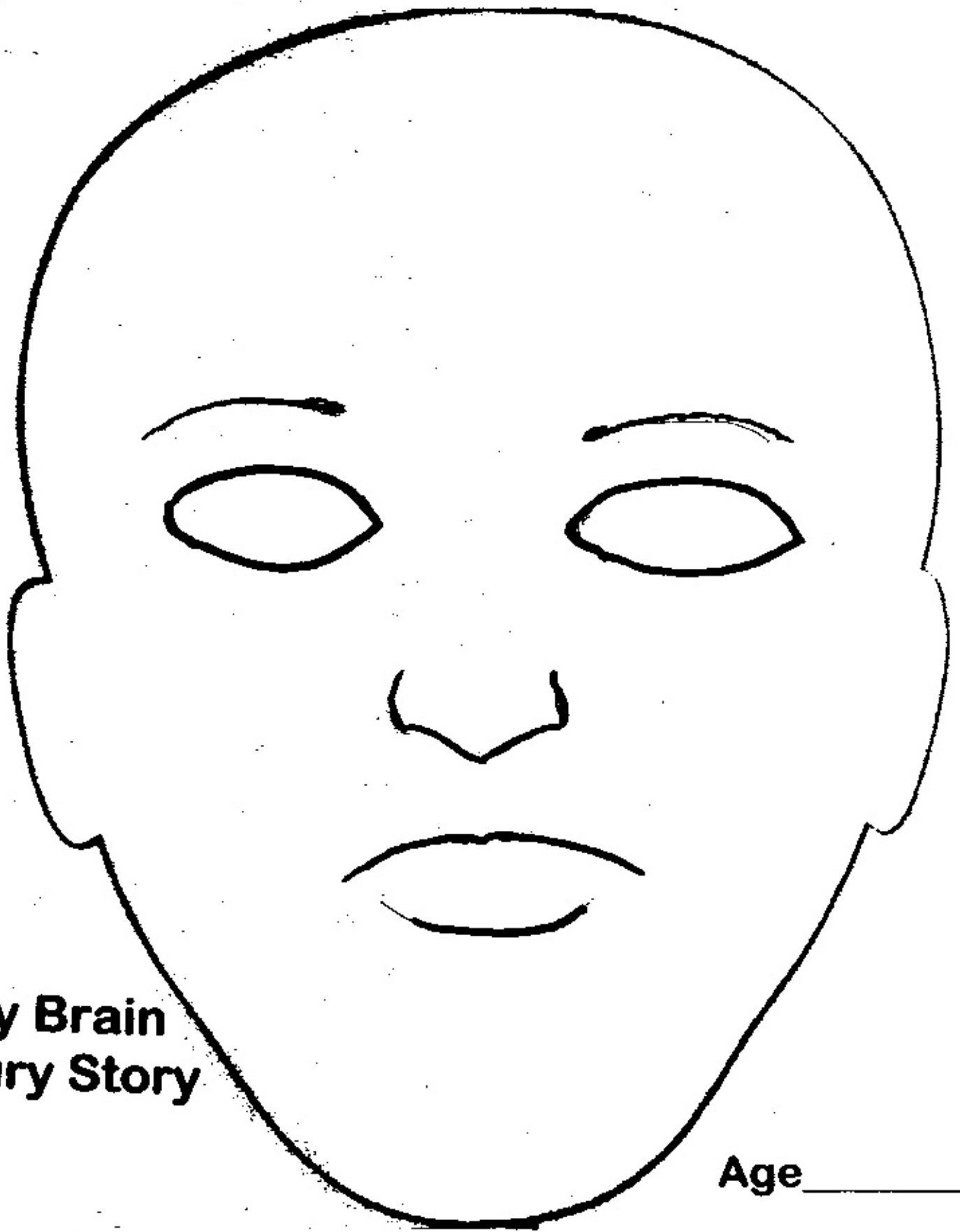
Although I keep remembering when I fell off my bike, and am sad that I have a brain injury, sharing my feelings about it helps me to feel better. If you had a brain injury, you should share your feelings, and you won't feel lonely.

Name \_\_\_\_\_ Age \_\_\_\_\_ Country \_\_\_\_\_



**My Brain  
Injury  
Story**

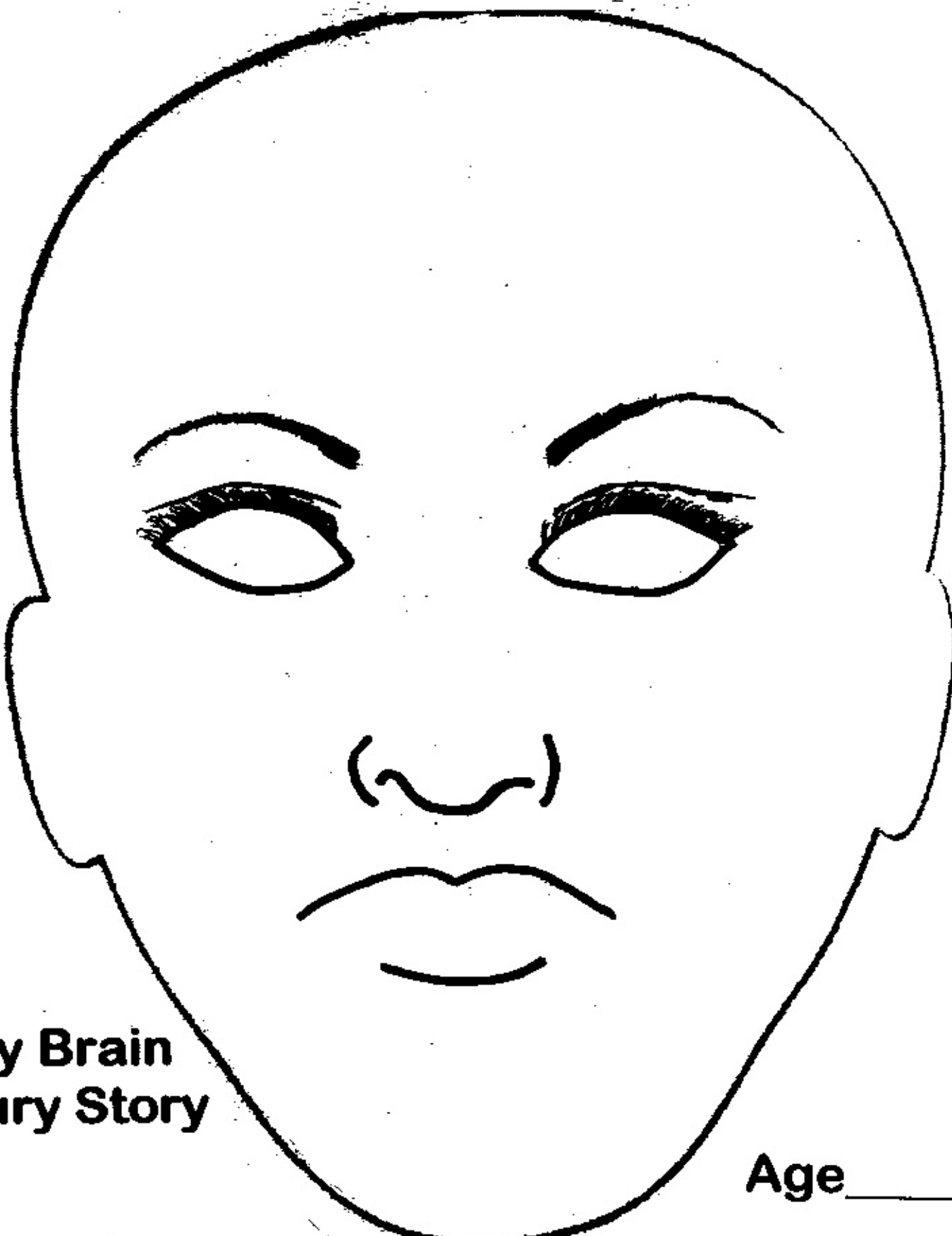




**My Brain  
Injury Story**

**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



