



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.

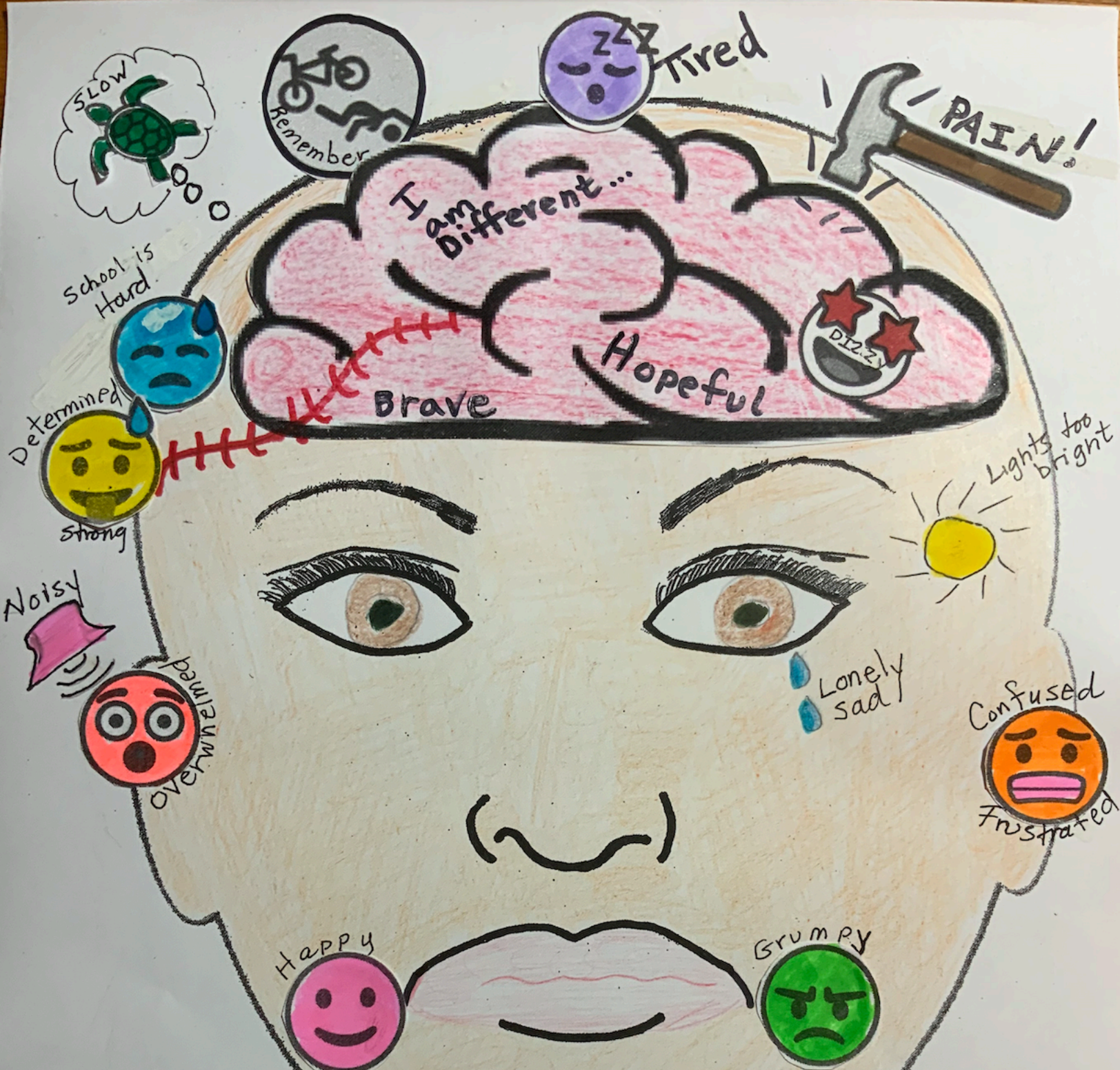
1. **Introduction:** Explain to the children/youth they are invited to participate in an art activity where they can share their experience and feelings about their brain injury.
2. **Modeling/Demonstration:** (Use Sally Sample folder materials)
 - a. Show and review the sample of “Sally’s” completed 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 (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 😊.

Supporting Documents: “Sally Samples”

Order of Supporting Documents:

- Photo of completed Sally Sample mask
- Completed Sally Sample My Brain Injury Story Graphic Organizer
- Completed Sally Sample Written Narrative

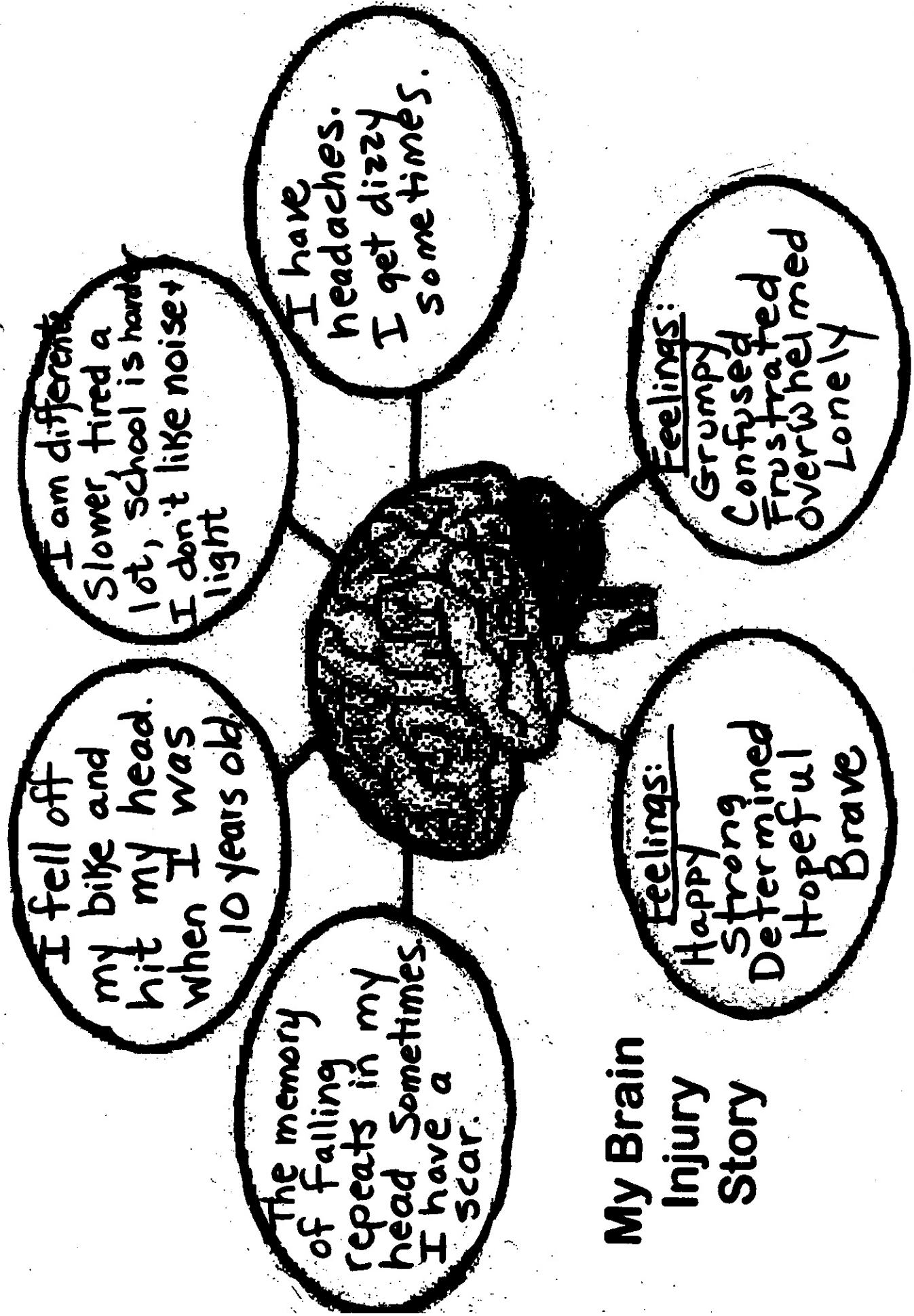


My Brain Injury Story

Age 12

Name Sally Country U.S.A.

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.

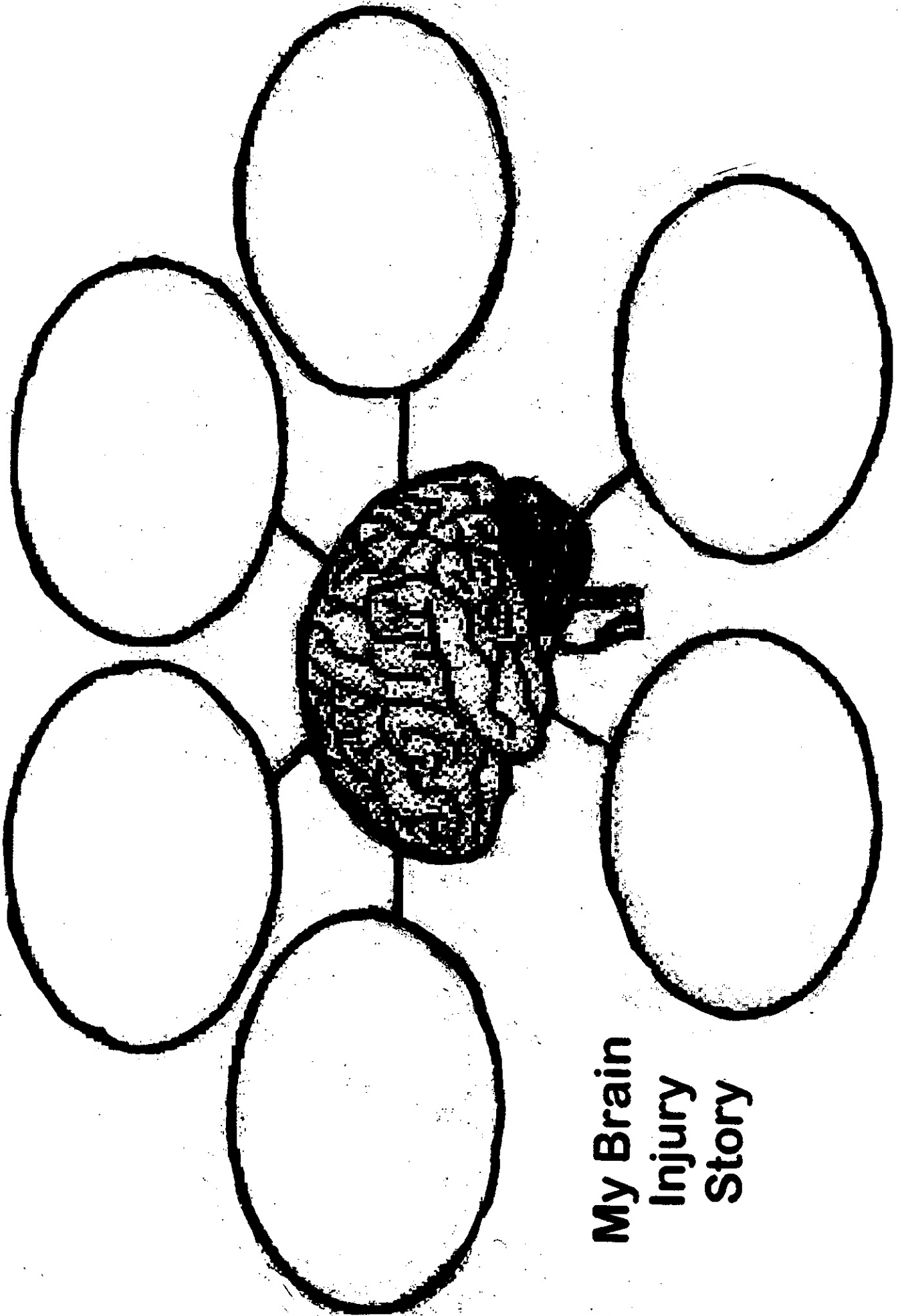
Although I keep remembering when I fell off my bike, and am sad that I have a brain injury, sharing my feelings about it helps me to feel better. If you had a brain injury, you should share your feelings, and you won't feel lonely.

Supporting Documents for Project

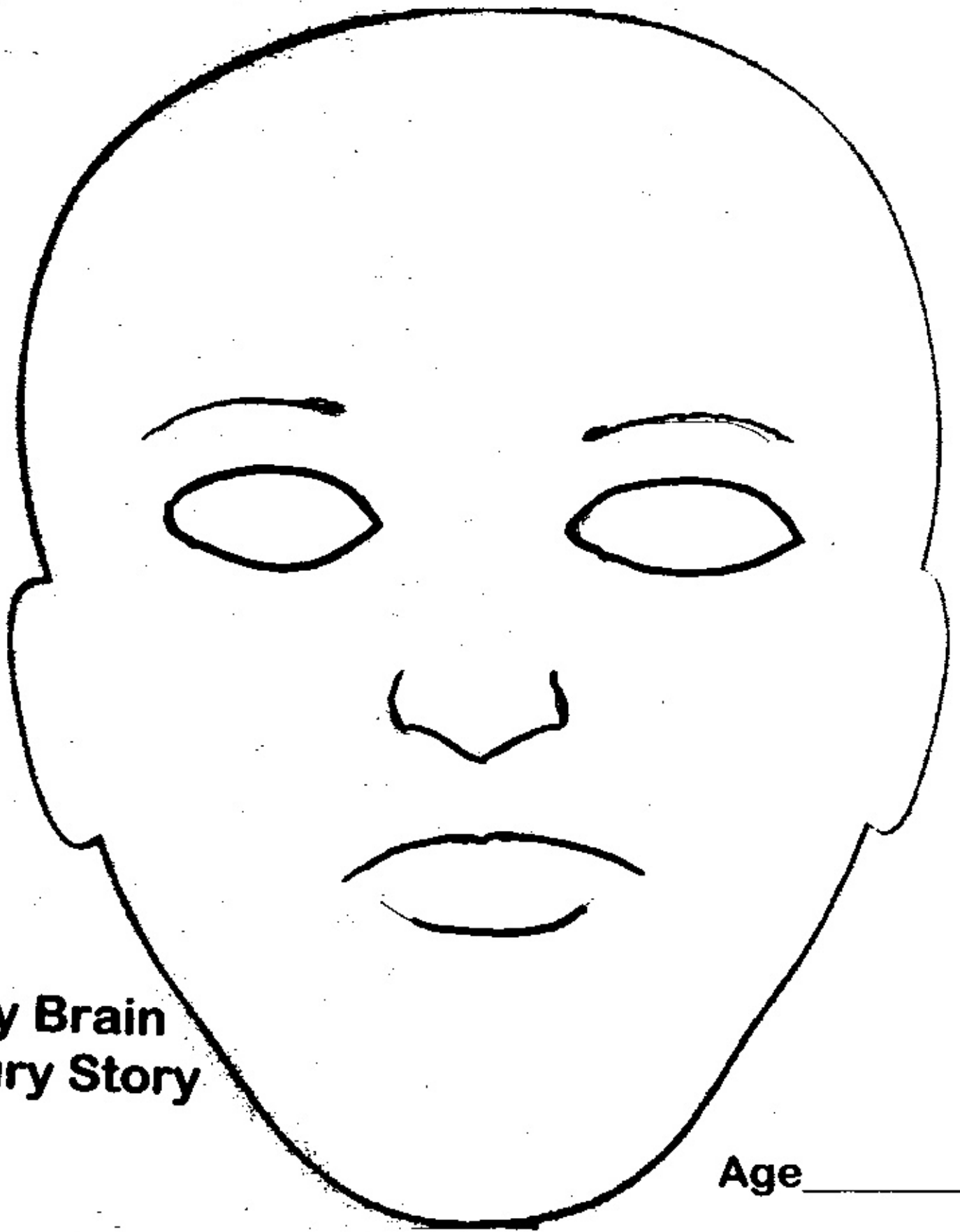
Order of Supporting Documents

- My Brain Injury Graphic Organizer
- Paper mask outlines
- Feelings/emotions guide sheet
- Brain image (to color/cut and paste-optional)
- Emoji feelings guide sheet (to color/cut and paste-optional)
- Feelings color wheel guide sheet (this requires a color printer if you wish to cut and paste)
- My Brain Injury Written Narrative form (optional)

Name _____ Age _____ Country _____



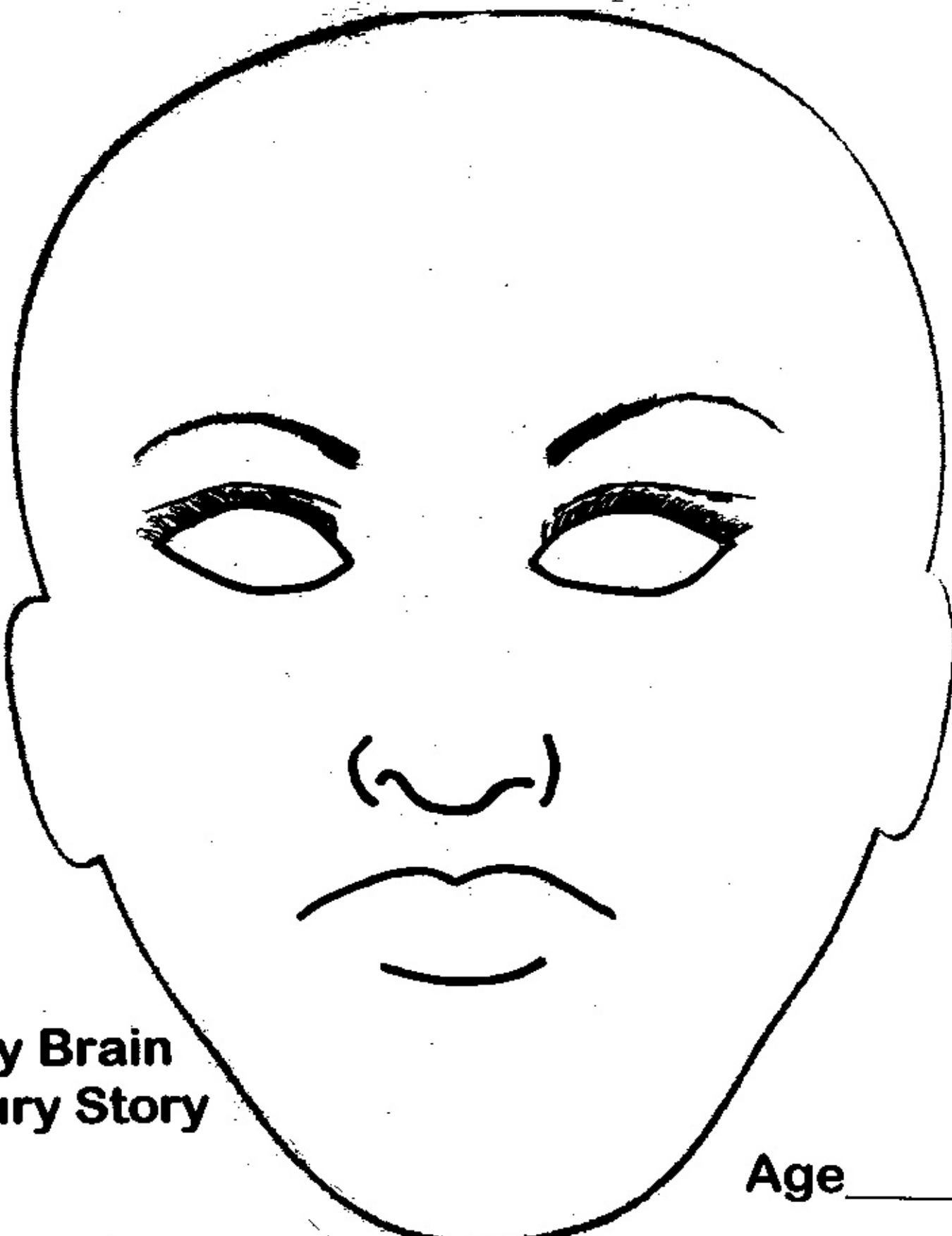
**My Brain
Injury
Story**



**My Brain
Injury Story**

Age _____

Name _____ **Country** _____



**My Brain
Injury Story**

Age _____

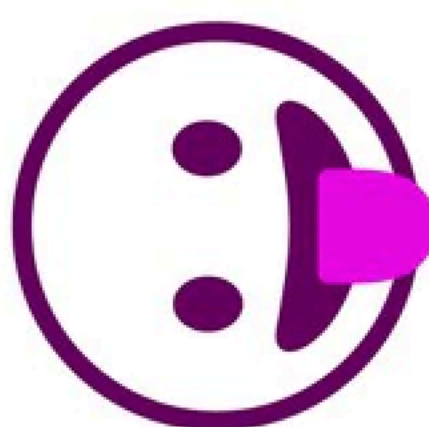
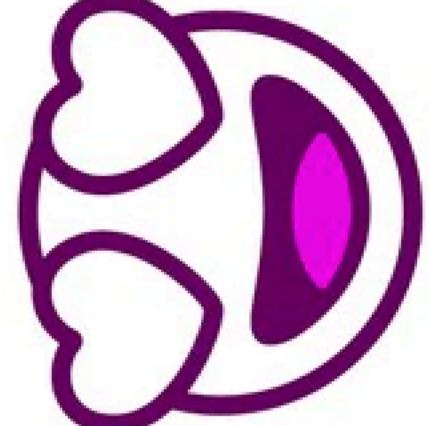
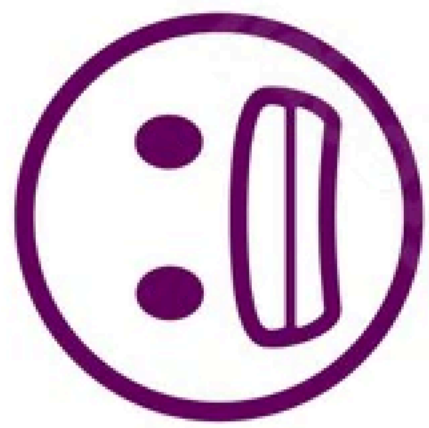
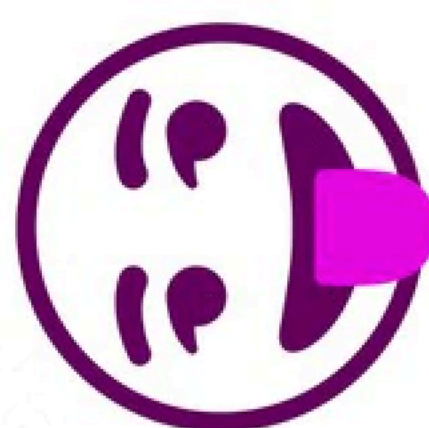
Name _____ **Country** _____

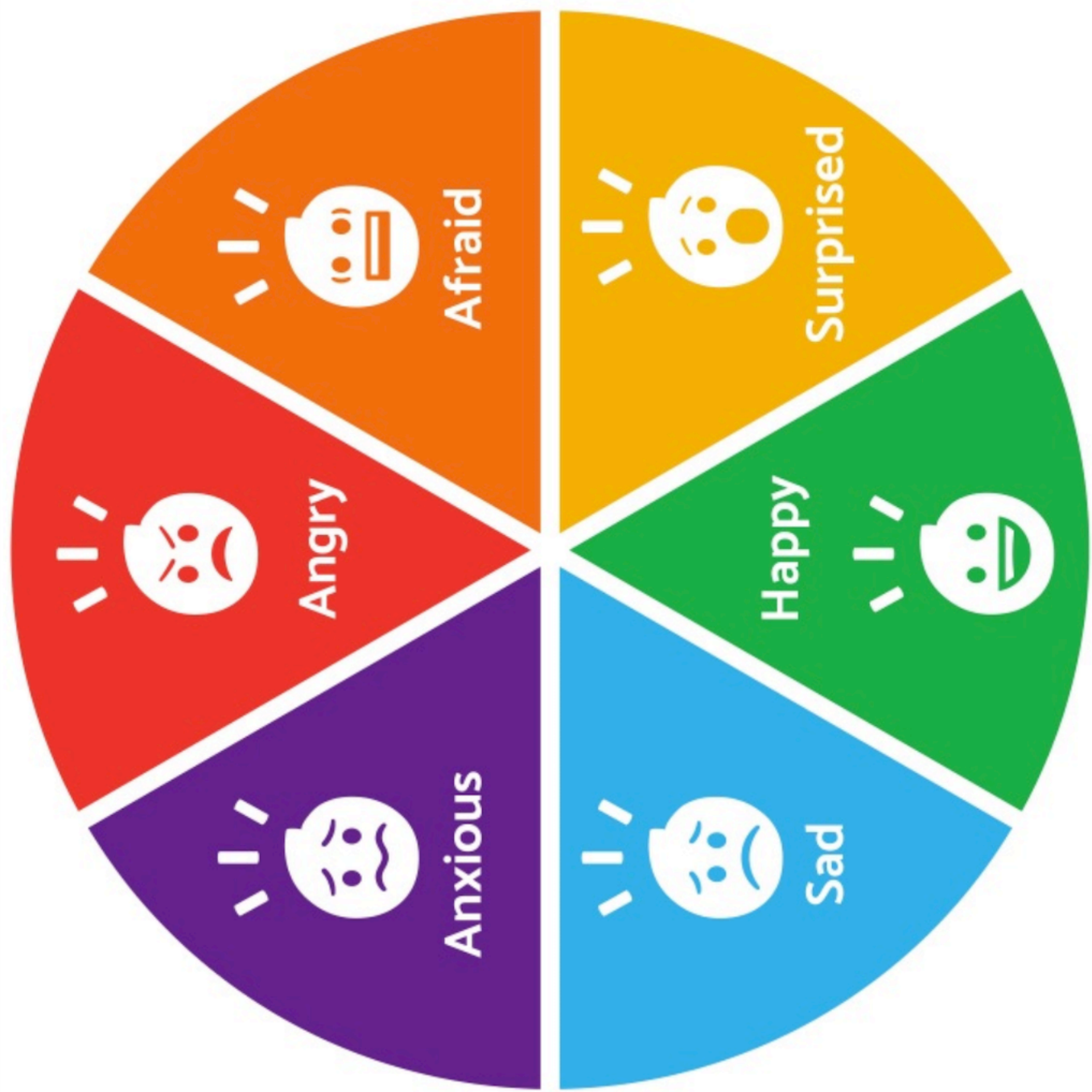


Suggested Feelings/Emotions List Guide
Circle any of the feeling words you may wish to place on your graphic organizer/mask.

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

- | | | |
|--------------|------------------|-----------------|
| Amazing | | |
| Awesome | | |
| Brave | Terrific | |
| Brilliant | Thrilled | |
| Calm | Valuable | |
| Capable | Wanted | |
| Cheerful | Welcomed | |
| Comfortable | Whole | |
| Confident | Wise | |
| Courageous | Worthy | |
| Creative | | |
| Determined | | |
| Eager | | |
| Energetic | | |
| Enthusiastic | | |
| Excellent | | |
| Fabulous | Afraid | |
| Fun | Angry | |
| Funny | Bright lights | Lonely |
| Glad | Challenged | Neglected |
| Good | Cheated | Nervous |
| Great | Confused | Noisy |
| Helpful | Depressed | Overwhelmed |
| Hopeful | Different | Pain |
| Interested | Disappointed | Panic |
| Joyful | Distracted | Pity |
| Kind | Dizzy | Rageful |
| Lovable | Embarrassed | Rejected |
| Love | Exhausted | Sad/Unhappy |
| Lucky | Frightened | Shame |
| Peaceful | Frustrated | Slow |
| Playful | Gloomy | Suffering |
| Positive | Grief | Quiet |
| Powerful | Grouchy/Grumpy | Remember/Memory |
| Proud | Guilty | Tired |
| Ready | Hard | Worried |
| Receptive | Hated | |
| Relaxed | Helpless | |
| Relieved | Hopeless | |
| Safe | Humiliated | |
| Satisfied | Hurt | |
| Stable | Isolated | |
| Strong | Jealous/jealousy | |







My Brain Injury Story

Name _____ Age _____ Country _____

Lined writing area consisting of 20 horizontal lines for text entry.