



Division of Educational Services  
Instructional Services

The Arts

# Mask Making and Storytelling

## Self-Discovery Through Reflection and Gratitude

Monday, October 30, 2023  
8:00 a.m. - 3:00 p.m.

Masks are a great learning tool from various cultures, used to depict people and animals throughout history. Gratitude jars, story bags, and artifact boxes are wonderful ways to engage students of all ages into journals and storytelling.

The theme of this workshop is self-discovery through mask making, storytelling, and gratitude. Making masks offer us a chance to explore the many aspects of our personalities and how we present ourselves as we move throughout our day. After an active morning, we wind down in the afternoon using storytelling and gratitude.

The intention of this workshop is to give educators the opportunity to bring the ideas presented back to their homes and classrooms. Literature, poetry, and music that inspire as well as samples of ideas for various grade levels will be included.

### Location:

Riverside County Office of Education  
Conference Center  
4280 Brockton Avenue  
Riverside, CA 92501

**Cost:** \$100 Per Person *(Includes all art-making materials.)*

**Audience:** TK-12 Teachers, Counselors



**About the presenter:** *Judy Nemer Sklar is a professional artist, writer and educator living in Palm Desert, California. She is passionate about the creative process and believes that using art making along with a mindfulness practice can be highly beneficial for those in both creative and non-creative fields. She received her Bachelor of Arts from Chapman University, Orange, California and her Master of Arts from California State University, Dominguez Hills, California.*

### Morning Session

In the morning workshop we will decorate premade masks with colorful paints, collage, glitter, and jewels. Using the metaphor of the mask, we will consider what we reveal to others and what we conceal from the world.

### Afternoon Session

Building on our mask making morning, the afternoon session slows down and participants engage in reflection by using their mask to tell a story. This class is about inspiration, dreams and wishes and will conclude with a final reflective project. Participants will make a simple gratitude jar to bring home as a reminder to take time for a moment or two of both reflection and gratitude.



Register by October 23, 2023, at:  
<https://events.bizzabo.com/539461>



For additional information, please contact: Louisa Higgins, Arts Administrator | [lhiggins@coe.us](mailto:lhiggins@coe.us)