

Why should you include mask in your classroom?

1. Mask expands the students expression range by getting them to be physical and not emotional.
2. Mask allows students a safe space to be physical and to inhabit a physicality.
3. Mask gives students confidence in their body when they not might feel physically confident in life.
4. Students learn a language and some tools to make physical choices for characters. They learn how to make choices about their physicality.
5. Mask work helps students explore characters in unmasked work. How you move in a mask can be transferred to any character or role.
6. Mask exercises can channel free movement exercises into specific physical character choices.
7. Mask gives students permission to explore new things, try new things and hide a little behind the mask.
8. Mask takes away the crutch of the face and the voice. Everyone is on the same level playing field.
9. Students will amaze you with what they can do in a mask that they might not be able to do unmasked.

And... It's fun!