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| <b>Skill Area(s):</b><br>Feelings and Emotions |
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# Facial Expressions 1

**Level:** beginner, intermediate, advanced

**Goal:** to help children learn to look at others' faces to detect how they feel and how to use their own faces to express feelings.

**Materials needed:** pictures of faces showing various expressions such as angry, happy, sad, disappointed etc..., mirrors, digital camera, color printer.

**Activity:** Start the activity by discussing feelings such as happy, sad, mad, etc... Have pictures that show each emotion you discuss. Pass the pictures around to the children and have the children look in the mirror and try to make the same emotion that is on the card. Discuss what the eyes, eyebrows, mouths, foreheads and body might be doing to express each emotion. Once they have practiced each emotion mix up the cards and have them participate in an "emotions game". Do this by having each child pick a card from the pile and use their faces and body to express that emotion. Have the other children try to guess what emotion they are expressing.

After doing this or while the children are doing this use the digital camera to capture their expressions and the way they use their faces and body to express feelings/emotions. Print these pictures out. The next time you see the children pass the pictures out and see if they can correctly label the pictures.

**Follow-up Suggestions:** Other ways to work on this at home or school include:

1. Watch people in daily activities and observe facial expressions- guess what might be happening by what their faces look like.
2. Watch TV shows or videos but turn off the volume and discuss what might be happening.
3. Take turns making you face into an emotion then freeze and have another person guess.
4. Encourage each student to ask someone to play, for help, etc. BUT first have the child observe the facial expressions and body posture of the child they are going to ask. Help them decide if it looks like a good time to talk with them or if they are busy. Why or why not it be a good time to try to talk with the person based on the expression that their face is making?