

Skill Area(s):
 Feelings and Emotions
 Perspective Taking

Facial Expressions 2

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. To help children understand situations that cause people to feel different ways and how they express these feelings about the various situations through facial expressions and body language.

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 reviewing the previous lesson discussing feelings such as happy, sad, mad, etc... Have the children look at the pictures of themselves and talk about what their eyes, eyebrows, mouth, arms, shoulders, etc.. look like for different feelings. Begin to discuss different situations that make children and adults have these different expressions on their face and what they are feeling inside. Make sure to relate the facial expressions to the actual emotions so that the children can understand that they are not two separate things, but something that happens simultaneously.

Next, have a list of situations available and do some role-playing. This is a great way to get the children fully involved and apply the skills they are learning. For example: Have the children pretend they are in the cafeteria having lunch and they look over at a boy, Sam and see that he is looking at Bob with an angry face. Discuss with the children what Sam's facial and body expressions look like. Have them think of what might have happened and then what they might say or do next. Do as many of these situations as time will allow having the children be the actors.

You can help practice this too.

1. Do some people watching in the classroom, at recess, at home, in a store, anywhere. Look at the interactions and expressions and discuss what they might be feeling. You can do this with TV shows or videos by turning off the sound.
2. Look at pictures in books or magazines- what facial expressions do you see? What is the body language telling you?