

<b>Skill Area(s):</b> Feelings and Emotions Perspective Taking
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## Facial Expressions 3

**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:** previous pictures taken of the children in the group, notebook paper, and pencils. You can also find other pictures of people with various facial expressions in books, magazines, internet, etc..

### **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 the others in the group. Talk about their eyes, eyebrows, mouth, arms, shoulders, etc.. for each one to help determine the emotion. Have the children write on each page or on a separate page "why" and "because" sentences that describe the picture. For example: I think he is feeling sad because... Allow the students two options for their "because" such as; because his mouth is turned down or because he forgot his homework. After doing this have the children share examples of when they felt each emotion using "why" and "because" statements.
- Another good addition to this lesson or one to use on it's own is to develop blank faces that are cut out and laminated. Then create all different types of eyes, noses, mouths, eyebrows, etc... Attach Velcro on the back and have the children create their own faces. This is fun for the children because it is more hands on. Put all the feelings in a bag and have one child at a time draw out the feeling and see if the group can correctly make a face to match the feeling. Again discuss when you might feel that way and then this can lead into strategies on how to deal with feelings.