

## **Mirror, Mirror**

Make a game of identifying feelings by having young people practice facial expressions in a mirror.

Name a facial expression and have the young person look in a mirror and make the expression. Point out how their eyes, eyebrows, nose, and mouth change shapes as they practice different facial expressions.

Change roles and let them pick the emotions while you make the expressions. While making the facial expressions, change different facial features and ask questions like, "If I am making a surprised face should my eyes be large and round or should I squint?"

## **Facial Expression Collage**

The young person works to build a collage using magazines to find as many faces as they can expressing one emotion (e.g. anger). They can do different sheets for different emotions, or put lots of emotions on one page discuss what facial cues they used to identify the different emotions.

## **Game of Feelings**

Cut out sets of eyes, eyebrows, mouths, and noses of people showing different emotions. Show only one feature at a time and discuss how this part of the face gives us clues about the feeling. After identifying different feelings based on individual parts of the face, put the face together and discuss times when people feel a specific emotion.

## **Facial Expression Telephone**

Just like the game telephone, students will line up in teams. The teacher will provide a facial expression either using pictures, videos, or themselves as the model. Student teams will pass the facial expression to the end of the line to see if they can get it accurate. This makes the atmosphere more fun, and students do not feel alone in making faces.

## **Guess the Expression**

Take several images of facial expressions from the internet and make them into a deck of cards. Laminate them for longer use. Students will work in groups. The student will draw a card. The student will show the card to the group. All the students will make the same face as the picture. You can expand this idea by having them give the word for what is being expressed through the expression (happy, sad, lie, etc.).

## **Who feels the same?**

Two sets of emotions vocabulary cards copied. The pairs of cards are then shuffled, and each group member is given one card. The participants move around the room with the facial expression that matches the emotion on their card. The aim of the exercise is for each group member to find the other person who is demonstrating the same emotion. When everyone has found their partner, the group discusses non-verbal ways of expressing emotions.