

Teacher Background Information on Body Language and Facial Expressions

Facial expressions and body language reveal attitudes - happy, sad, surprise, disgust, fear, anger. Some possible examples are:

Facial:

- Lips pressed together - anger
- Tensed eyelids - anger
- One lip turned up - disgust, contempt
- Raised upper lip - disgust
- Pulled down eyebrows - anger
- Nose wrinkled - disgust, put off
- Widened eyes - fear, shock, surprise
- Squinted eyes - doubt, uncertainty
- High eyebrows - sad
- Eyebrows forming a v with narrow eyes - disgust
- Downcast eyes - sad
- Lip corners down - sad
- Head slightly sideways - uncertainty,
- Tense pulled back and open mouth - fear
- Rapid blinking - stressed, anxious, uncomfortable
- Bite slightly on lip - anxious, worried, stressed
- Mouth turned down - sadness, upset
- Mouth turned up - happiness, optimistic
- Wide mouth, eyebrows high, eyes wide - surprise
- Inappropriate laughs or smiles—anxiety
- Warm smiles—appreciation
- One eyebrow raised—skeptical

Body:

- Clenched hands/fist - anger, trying to restrain, negative feelings
- Hands on hips - feeling aggressive
- Crossed arms - uncertain, defensive
- Fidgeting fingers - anxious, bored, frustrated
- Clasped hands behind back, bored, anxious, or angry
- Tapping hands - bored, frustrated, impatient
- Adjusting clothing, touching hair, rubbing hands/thumbs—anxiety, worry
- Slouching—depressed/sad