

# Emotion/feelings Photos Instructions:

Understanding the feelings and emotions of others helps us better understand how to deal with our friends and family. Understanding how others might be feeling also helps us to become empathetic to the needs of others. Some of the non-verbal ways we learn to understand feelings and emotions of others are by observing facial expressions and body language. When you become good at understanding and responding appropriately to the feelings of others, it is referred to as having 'emotional intelligence'. By learning about and developing your emotional intelligence, you will be able to respond to others appropriately. A strong emotional intelligence will also lead to having strong friendships and relationships.

1. Look closely at each photograph. When you look at each of the faces, look at the eyes and the facial expressions and body positions where appropriate. (*arms folded, wringing hands etc.*)
2. List 4-5 feeling words that may convey how the person is feeling.
3. Explain why you feel they may feel this way.
4. Provide 2-3 possible reasons a person might feel this way.
5. If you knew this person as a family or a friend, what would you say to them?
6. Have you ever felt the way the person in the picture may be feeling? Explain when and why.
7. Describe the facial expressions that convey the feeling.
8. What character traits (*honesty, respect, kindness, empathy, inclusiveness, compassion, thoughtfulness, ...*) could you display when approaching this person? Why?
9. What might this person's body language show? (*hands wringing, jumping up and down, slouched shoulders, nervous twitching, twirling hair, biting nails, no eye contact, ...*)