

Poster Use Suggestions

- 1) Have students brainstorm all the words for feelings (sad, happy, embarrassed, angry, shocked, surprised, lonely...)
- 2) Select a poster and ask what feeling words would suit the facial expression and body language beyond the title that is used for the poster. (For example, if a poster states happy—what other feeling words might describe the picture? (joyful, content, cheerful etc.)
- 3) Discuss what changes in facial expressions for the various feelings. (open mouth, tight lips, raised eyebrows etc.)
- 4) Discuss times when students may have felt like this.
- 5) Discuss how to react to a person who might be feeling this way.
- 6) Brainstorm why it is important to understand the way a person might be feeling based on facial expressions and body language.
- 7) Classify the posters into positive and negative feelings.
- 8) Decide various reasons why a person may feel like the individual in the poster.
- 9) Show your own facial expression and body language for when you feel this way.
- 10) For each of the negative feelings, discuss strategies to help change the negative to a positive feeling.
- 11) Explain how each of the feelings impact the individual's thinking.
- 12) Discuss why it is important to have a positive mindset.
- 13) For each of the feelings in the posters, if that was you, how would you want somebody to treat you?
- 14) Discuss what is meant by 'Don't let your emotions/feelings get the best of you'.