

FACIAL FUN

Did you know that it takes 34 muscles to frown (*really* frown) and only 13 to smile? Exercise your facial muscles with these expressions.



PULL YOUR SCALP BACK.

WINK WITH ONE EYE, THEN THE OTHER.



PULL YOUR SCALP DOWN.



OPEN YOUR MOUTH WIDE.



PULL YOUR EARS BACK.

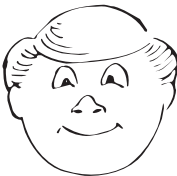
PULL YOUR TOP LIP DOWN.



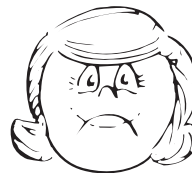
LIFT YOUR EARS.



MAKE A BIG FROWN, THEN A BIG SMILE.



OPEN YOUR NOSTRILS.



CLOSE YOUR NOSTRILS.



MATERIALS: None.

DOING IT:

1. Examine the facial muscle patterns and then try the exercises on this page. Which muscles do you use in each exercise?

Human beings are capable of more changes of expression than any other animal on Earth. Anger, disappointment, grief, happiness are only a few of the emotions that our facial muscles help us to display. The human face is laced with dozens of small muscles. All muscles are made up of thousands of long, slender units called "muscle fibres". Groups of fibres are wrapped in bundles by thin connective tissue, and are well-supplied with blood vessels and nerves. If you don't exercise certain muscles, they become useless (e.g. most people have lost the ability to use their ear-wiggling muscles).

Topics: Human Body.

