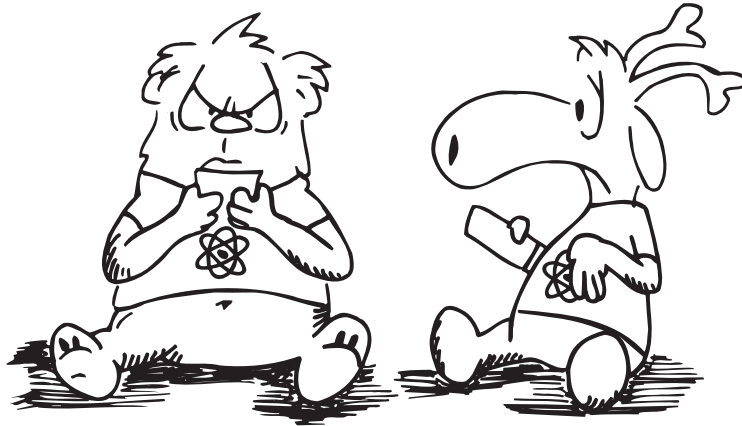


GUESS THE EMOTION

They say a picture is worth a thousand words. Well, sometimes one expression is worth a thousand words! No words allowed in this emotion guessing game.



MATERIALS: Paper; pencil.

DOING IT:

1. Write down a number of emotions, one emotion per slip of paper. Examples of emotions: angry, happy, surprised, sad, disgusted, afraid, bored, in love, confused, embarrassed, impatient, nervous, stubborn, astounded. Include some similar emotions, like happy and ecstatic or bored and restless.
2. Talk about the kinds of feelings the words represent. Give examples. An example for the word "surprised" might be: "I can't believe I got a D on this test. I studied so hard." An example for the word "disgusted" might be: "Uck! There's mold growing on this bread."
3. Fold the slips of paper in half and in half again. Scramble them in a pile.
4. Each person chooses a slip of paper. One at a time, people must communicate their emotion to the rest of the group. They can use facial expressions, body movements, and sounds, but *no words*.
5. The group must guess the emotion being demonstrated. How long does it take before someone guesses the exact emotion? How different are people's perceptions of the emotion? What are the most difficult emotions to demonstrate? The easiest? Why?



As they age, women tend to get more wrinkles than men. That's because most men have a thicker "dermis" (the layer of skin just under the surface), which may stay elastic longer than a woman's.

Humans are capable of feeling and displaying a wide spectrum of emotions. Some emotions are so similar that it's amazing we actually look at them as separate emotions (what's the difference between being "pleased" and "happy"?). The ways in which we display emotions are as numerous as the emotions we feel. One of the most common ways of expressing emotions is through facial expressions. In addition to the types of and ways of expressing emotions, there are dozens of subjective responses to emotions. All people don't perceive the same emotion when they observe a person expressing an emotion. Also, different people have different ideas of what is meant by "pleased" or "stubborn" or the other labels we give emotions.

Topics: Human Behaviour; Communication.

