FACIAL EXPRESSIONS Skill Tree: Color in the Boxes

Color in the boxes of anything you've already completed, visualize your skills and identify your skill gaps. Get inspired to try new things and tailor the skill tree to suit your own journey by swapping in your own goals.



Know your strengths and weaknesses with facial expressions

Find actors

showing surprised

expressions

Notice a

friend's surprised

face and ask if they

are surprised

Find pictures of

friends with surprised

expressions and ask if they

were surprised

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Search for

images of surprised

facial expressions

Watch TV on

mute looking for

happy expressions

on faces

Take a selfie of

your sad face

O.

Teach a friend something about facial recognition

(set your own goal)

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Search images of disgusted facial expressions

Watch TV looking for actors using facial expressions instead of words

Breakdown a face showing fear: usually raised or wide open eyes, raised eyebrows and straight mouth

Watch TV on mute looking for sad expressions

Breakdown a happy face: usually raised eyes, eyebrows and upturned sides of mouth

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Take a selfie of your happy face

O.

Make a happy, sad and mad face in the mirror

Google cultural differences in facial expressions

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Ask a trusted friend about your own strengths and weaknesses with facial expressions

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Study your own concentrating facial expression

<u>(i)</u>

Notice a friend's mad face. Ask friend if they are mad



Watch TV on mute looking for mad expressions



Take a selfie of your mad face



Breakdown a sad face: usually lowered eyes, eyebrows and sides of mouth



Catch yourself looking at someone's face when they are talking

Read a book

or watch a video on

body language

Google contempt

facial expressions

Study your own

resting face facial

expression

Find someone

good at facial

recognition

Notice a friend's

sad face. Ask friend if

they are sad

Notice a friend's

happy expression. Ask the

friend if they are happy

Find pictures of

friends with happy or

sad facial expressions

O.

Improve your own resting face facial expression

(set your own goal)



Get a friend's facial expression wrong



Notice someone's teasing twinkling eyes



Spot micro expressions during conversation



Notice an actor using facial expressions without words



Breakdown
characteristics of a mad
face: usually lowered eyes,
eyebrows and sides of mouth.



Catch yourself looking at the ground instead of someone's face when they are talking



Find pictures of your face when you were feeling happy, sad and mad



1 tile = 1 point

Total Score

Name: _____





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