## 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)

Search images of disgusted facial expressions

Watch TV looking for actors using facial expressions instead of words

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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

Take a selfie of your happy face

O.

Make a happy, sad and mad face in the mirror

(set your own goal)

Improve your own

resting facial

expression

Get a friend's facial

expression wrong

Google cultural differences in facial expressions

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

Study your own concentrating facial expression

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



expression

Find someone

good at facial

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

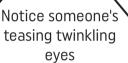
Find pictures of

friends with happy or

sad facial expressions

O.

Study your own resting face facial





recognition 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:



