FACIAL EXPRESSIONS



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.

(set your own goal)

Teach a friend

something about

facial expressions

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.



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

expressions

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.

Know your strengths and weaknesses with facial expressions

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Find actors showing surprised expressions

<u>@</u>

Notice a friend's surprised face and ask if they are surprised

<u>@</u>

Find pictures of friends with surprised expressions and ask if they were surprised

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Search for images of surprised facial expressions

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Watch TV on mute looking for happy expressions on faces

Take a selfie of your sad 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

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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



Improve your own resting 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



you were

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



1 tile = 1 point

Total Score

Name: _____



