Communication Skills I

1º semestre (P1)

In-Class Activity

Topic: Non-Verbal Communication

Week 3 [24-27 September]

Prof. Cláudia Silva

In-Class Activity: Express to Impress – Learning how to convey emotions through facial expressions

Objective:

To improve non-verbal communication skills through practicing facial expressions associated with the seven universal emotions by Paul Ekman in a group setting.

Group Size:

7 students per group

Materials Needed:

- Emotion cue cards (one for each of the seven emotions)

- Notepads and pens

Activity Outline

Group Instructions (5 minutes)

1. **Form Groups:**

   o **Group of 7 participants**

2. **Distribute Emotion Cue Cards:**

   o The group writes on a piece of paper one of the seven universal emotions: Anger, Contempt, Disgust, Fear, Joy, Sadness, and Surprise.

Group Practice (30 minutes)

1. **Step 1: Emotion Breakdown (10 minutes)**

- o **Each team member selects one emotion from the cue cards to focus on. Use the cards you created to randomly distribute the emotions among the group members. Discuss and write down the specific facial features associated with that emotion:**

    - ▪ **Anger:** Furrowed eyebrows, intense eyes, pursed lips.

    - ▪ **Contempt:** Drawn eyebrows, slightly pursed lips.

    - ▪ **Disgust:** Looking away, wrinkled nose.

    - ▪ **Fear:** Wide-open eyes, furrowed eyebrows, tight lips.

    - ▪ **Joy:** Smiling, relaxed eyes, raised eyebrows.

    - ▪ **Sadness:** Drawn eyebrows, downturned lips, soft gaze.

    - ▪ **Surprise:** Raised eyebrows, wide-open eyes, dropped jaw.

2. **Step 2: Expression Practice (10 minutes)**

   - o Each member takes turns practicing the selected emotion in front of the group. Encourage exaggerated expressions to ensure clarity.

   - o Members provide constructive feedback on how well each person conveyed the emotion.

3. **Step 3: Scenario Role-Play (10 minutes)**

   - o Your group creates a short scenario (2-3 sentences) that incorporates their selected emotion. For example, if the emotion is "Joy," a scenario might be celebrating a successful project.

   - o Members perform the scenario, incorporating their facial expression while delivering their lines.

Example of a script including facial expressions remarks in yellow:

[Introduction]

"As I work on enhancing my public speaking skills, I've realized the significant impact of facial expressions on effective communication. (facial expression: smile widely to show enthusiasm) A strong expression can help convey my message and engage my audience."

[Identifying Emotions]

It's essential to understand how to express different emotions through my face. (facial expression: tap my forehead to signify awareness). For instance, when sharing good news, I can smile genuinely. (facial expression: demonstrate a warm smile) This invites a positive response from the audience.

[Expressing Surprise]

Conversely, if I'm discussing unexpected findings, I want to convey surprise. (facial expression: raise eyebrows and widen eyes) This helps my audience feel the excitement of the moment, making them more invested in my message.

[Conveying Sadness]

When discussing challenges or setbacks, it's important to reflect sadness on my face. (facial expression: furrow my brow and slightly downturned lips) This shows empathy and connects with the audience's emotions, allowing them to resonate with my experience.

[Showing Confidence]

To express confidence, I'll keep my facial features relaxed and maintain eye contact. (facial expression: look around the room, making eye contact) This invites trust and makes my message more persuasive.

[Avoiding Negative Expressions]

I also need to be aware of negative facial expressions. (facial expression: frown slightly) For example, if I furrow my brows or roll my eyes while presenting, it could unintentionally communicate disapproval or frustration, which is counterproductive.

[Using Facial Expressions with Content]

Each facial expression should align with the content of my speech. (gesture: hand out to show alignment) For example, if I'm encouraging innovation, I can express joy and excitement. (facial expression: bright smile and open hands) This reinforces my message and inspires the audience.

[Practicing Control]

Finally, practicing control over my expressions is crucial. (gesture: touch my lips to emphasize thoughtfulness) I need to avoid excessive fidgeting or random expressions that might distract. Instead, every expression should serve a purpose. (facial expression: make a deliberate nod) This helps maintain focus and clarity.

Group Presentations (15 minutes)

1. **Present Scenarios:**

   o   Each group presents their scenario to the whole class, ensuring that the facial expressions are clear and effective.

   o   After each presentation, allow a few minutes for feedback from peers, focusing on the effectiveness of facial expressions and overall communication.

Conclusion and Reflection (5 minutes)

1. **Wrap-Up Discussion:**

   o   **Discuss how different facial expressions can alter the perception of messages.**

   o   **Students share their thoughts on how this practice can enhance their communication skills in future interactions.**

2. **Reflection:**

   o   **Students can write down one takeaway about the importance of facial expressions in communication.**