

Exercise 3 – Face control: Recognizing emotions through photos

Activity type/method: awareness

Learning Goal:

According to Paul Ekman (2003), a person can learn how to recognize expressions, such as expressions that are very brief or with not much muscular contraction and only registered in one area. In this exercise the participants are going to practice how to recognize expressions just looking some photos. This will be a first step to get to know more about the different expressions.

Specificities: Individual activity or group activity.

Duration: 15-30 minutes

Material needed: Peoples' photos

This project has been funded with support from the European Commission under the Erasmus+ Programme. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

PROJECT ID: 2019 -1-RO01-KA202 -063198



Useful information for the trainer:

In case the first part of the activity is done individually, explain to the trainees that they are going to see some pictures expressing emotions and they have to match them with the appropriate emotions. When they finish with this activity they can get back in groups to reflect upon their experience and go through part b.

In case the activity is implemented in groups, get participants in groups of 2-3 persons, so as to work in pairs. Explain to them that they have to recognise the emotions in the given pictures and discuss whether the given answers are different or if there are mixed impressions.

In a second round (part b), each participant can be assigned with an emotion and try to express it. The other members in the group will try to recognise the emotion.

Instructions:

There is a list of 7 emotions: anger, contempt, fear, disgust, surprise, sadness and enjoyment and fourteen photographs. Each emotion is a possible choice for the expressions in each of the photographs. You will have 5 seconds to observe each photograph and match its expression with a specific emotion. You have to be as quick as you can, so as not to leave a photo without a matching emotion.

In case of wrong or missed answers, a second round will take place where each photograph will be shown for 1 minute.

Reflection questions:

- Was it easy to recognise the emotions in the given pictures?
- What did I learn from this activity?

This project has been funded with support from the European Commission under the Erasmus+ Programme. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

PROJECT ID: 2019 -1-RO01-KA202 -063198

