



Area: Pay Attention

Title: Recognizing Emotions

Objective: Student will recognize non-verbal cues in communication to refine non-verbal express skills.

Materials: Journal

- Activity:**
1. Stage a scenario of anger, sadness, or another emotion. Do not talk, but let your actions reflect your feelings. Ask students to state what they observed. Example: "our teacher looked angry." Ask leading questions: "What did you notice: How did you know the teacher was angry?"
 2. Review two components of communication (listening and speaking). State that not all messages are sent with words. Just by the way someone looks or the way they stand or sit, we can know a great deal about his or her feelings and ideas.
 3. Define "facial expressions". Have the whole class show how they would look if they were waiting to go to the dentist, when their school team is winning, etc.
 4. Define "posture". Have the whole class sit on a chair, slumped down, hand on chin, head down. Then have the class stand with their feet apart, hands on their hips. Choose individual students to demonstrate an angry walk, a happy walk, a frightened walk, etc.
 5. Have students combine facial expressions and posture to demonstrate "I'm happy to see you", "I don't care," "You can't make me", "I'm nervous", "I got an A on my test", and "I'm feeling sad".

Closure: Ask students to do the following:

1. "List all the non-verbal cues that you saw in class today"
2. "Why are non-verbal cues so important?"