

# How do you feel?

## Objective:

To demonstrate how difficult it can be to understand what people feel by judging body language, and how easy it can be to hide true feelings.

## Materials:



Large jar or container



Felt pens



Paper



## Method:

- Ask students to think of as many words as they can that describe feelings and emotions, both positive and negative.
- Cut up the words into individual slips of paper and put them in the jar or container.
- Ask students to pick from the jar and mime the word on the paper. The group then have to guess what feeling or emotion is being mimed.
- The idea is to show how easy it is to misunderstand what people are feeling by just looking at their body language and facial expressions, and how easy it can be to hide true feelings.

