









Identifying Basic Emotions

	Objective: To identify the six basic emotions.
	Time Requirements: a. Preparation: 0-5 minutes b. Activity: 5-10 minutes
	Items: a. Identifying Basic Emotions Handout b. Identifying Basic Emotions Answer Scheme
	Learning Outcomes: a. Ability to list the six basic emotions from facial expressions (EI Subskill 1: Understanding Own Emotions).
	Key Learning Point: We have six basic emotions, observable through facial expressions.
Self-Disclosure: *	
Difficulty: Basic	

Instructions

- To start this simple exercise, ask participants how many emotions they think there are across the world. It is perfectly fine if participants' answers vary greatly. Then, pose the following question to participants, "Across all human societies and cultures, how many emotions do we share, understand and express in largely the same manner?" The response to this question should be a lower number than the responses to the first question.
- Give participants the Identifying Basic Emotions handout. Ask them to label each picture with the emotion they think is being expressed by each individual on the pictures. The handout has been structured in a way so that all six basic emotions (anger, fear, joy, sadness, disgust and surprise) appear twice, for a total of 12 pictures. Give the participants about 10 minutes for this activity. Participants should preferably work independently on this activity, but working in pairs is fine too.
- After 10 minutes, go through the answers/responses with the participants. You can be slightly flexible with participants' answers. For instance, "worry", "anxious", "afraid", and "terrified" are all acceptable answers for a facial expression depicting fear.

	Reflection Questions: a. How many types of emotions did you identify from the facial expressions?
	Further Reading and References: a. Ekman, P. (1992). An argument for basic emotions. <i>Cognition and Emotion</i> , 6(3-4), 169-200. doi: 10.1080/02699939208411068 b. Ekman, P. (1992). Are there basic emotions? <i>Psychological Review</i> , 99(3), 550-553. doi: 10.1037/0033-295X.99.3.550
	Note: a. Ekman's expanded list of basic emotions also includes contempt, and there is some evidence to suggest that contempt also has a universally-recognizable facial expression. b. This activity can also be followed up with the What Functions Do Emotions Serve Activity.