








Seeing Faces

	Objective: To link emotional experience with facial expressions.
	Time Requirements: a. Preparation: 0-5 minutes b. Activity: 10-15 minutes
	Items: a. Seeing Faces Handout
	Learning Outcomes: a. Increased awareness and recognition that emotions are easily recognizable via facial expressions (EI Subskill 1: Understanding Own Emotions).
	Key Learning Point: We infer emotions quickly and clearly from facial expressions.
Self-Disclosure: *	
Difficulty: Basic	

Instructions

1. In this simple exercise (which can also be used as an ice-breaker), give participants the ‘Seeing faces’ handout. The handout consists of pictures and some writing space next to each of the pictures.
2. Ask the participants to fill in the blank spaces next to each picture and indicate what they see in each of the pictures. Most, if not all participants will see faces in each of the pictures. Tell the participants to list the emotion they see in each of the ‘faces.’ Give the participants at least 5 minutes for this activity.
3. Discuss the answers with participants in the class. Participants may be eager to share their responses with the class. Encourage them to do so. Strictly speaking, there are no ‘right’ or ‘wrong’ answers for this activity – which is important given how emotions can be perceived differently between individuals. For added interaction, try asking participants what they think each of the objects in the pictures are.

	Reflection Questions: a. Why do you think you saw faces in the pictures presented? b. Was it easy to <i>not</i> see faces in the pictures presented?
	Further Reading and References: a. Liu, J., Li, J., Feng, L., Li, L., Tian, J., & Lee, K. (2014). Seeing Jesus in toast: neural and behavioral correlates of face pareidolia. <i>Cortex</i> , 53, 60-77. doi:10.1016/j.cortex.2014.01.013