









What is this Body Telling You?

	Objective: To develop an enhanced ability to infer emotions from body postures.
	Time Requirements: a. Preparation: 0-5 minutes b. Activity: 5-10 minutes
	Items: a. What is this Body Telling You? Handout b. What is this Body Telling You? Answer Scheme
	Learning Outcomes: a. Enhanced ability to infer emotions from bodily postures (EI Subskill 3: Understanding Others' Emotions)
	Key Learning Point: Emotions can be inferred from bodily postures.
Self-Disclosure: *	
Difficulty: Basic	

Instructions

1. Begin the activity by asking participants how they know when another individual is feeling certain emotions. Ask them to think if they can infer emotions from body postures, and if so, why.
2. Distribute the What is this Body Telling You Handout. Give participants 5-10 minutes to view the stick figures and name one or a few emotions they think that the stick figure is portraying. You can also get participants to discuss their responses with one another.
3. After 10 minutes, discuss the answers with the participants. While there are strictly no 'right' or 'wrong' answers, do get participants to think about how some of the stick figures seem to be more representative of certain emotions more than others.

	Reflection Questions: a. What were some of the key characteristics or features which gave you clues to what emotions were being expressed by each stick figure?
	Further Reading and References: a. Coulson, M. (2004). Attributing emotion to static body postures: Recognition accuracy, confusions, and viewpoint dependence. <i>Journal of Nonverbal Behavior</i> , 28(2), 117-139. doi: 10.1023/B:JONB.0000023655.25550.be b. Kleinsmith, A., & Bianchi-Berthouze, N. (2007). Recognizing affective dimensions from body posture. In <i>Affective computing and intelligent interaction</i> (pp. 48-58). Springer Berlin Heidelberg.
	Note: a. The postures are based on the Coulson (2004) article. Participants may not be able to correctly label Figures 5 and 6, which represent surprise and disgust respectively. Tell participants that this was also what was found in Coulson's (2004) study. Details of the study's results are presented at the end of the What is this Body Telling You? Answer Scheme.