Feeling Photos

Appropriate for: (Grades/Ages) All ages, adjust as needed
Time: 10 minutes
Materials Needed: Facial expression pictures, one or two containers, a webcam or mirror, a camera
Objective/Goals: Students will experiment with emotional and physical expressivity. Students will learn how actors use facial expression in dramatic representation.

Instructions:

Warm-Up

- Sit in a comfortable position in front of a mirror or a computer with the camera on.
- Facing the camera or mirror, experiment and practice six facial expressions, happy, sad, angry, tired, scared, and excited. Refer to supplementary pictures as needed while you experiment.
- Place facial expression pictures into a container and begin randomly selecting facial expressions to "try on." Rotate through expressions until comfortable.

    *The goal is not to feel the emotion but to show it, using your face as a tool.

Feeling Photos

- Place all facial expression pictures back into the container, and select one of the following characters from the list.

    - A superhero
    - A musician
    - A teacher
    - A ballet dancer

- After selecting your character, randomly choose a facial expression picture from your container. Using your whole body, strike a pose as your character using the emotion you selected.

    For example, if you selected the happy expression and a superhero character, you might smile and stand triumphantly with your hands on your hips. If you chose the sad expression and the superhero character, you might frown while posing with your hands "tied" behind your back. Choose one character and rotate through all of the facial expressions in your container. Your poses should change each time your facial expression changes!

- Take a snapshot of each facial expression and pose using your computer's webcam or with the help of a friend or parent!
- Referencing your pictures, reflect on the ways in which your facial expressions changed your pose and depiction of the character.