

The activity below needs to be done with either a mirror or a partner.

Reflection: Your Nonverbal Communication

Change and contort your facial expression for each of the following emotions. Notice how your or your partner's face changes.

1. joy
2. frustration
3. thinking someone else is behaving strangely
4. peaceful
5. outraged
6. hurt feelings
7. confused
8. afraid
9. smug/satisfied with your accomplishment