

**Learning Objective:** To recognize nonverbal signs that communicate what other people are feeling

**Skill:** Emotional communication, empathy

Ask the group, "How can you tell how a person is feeling?"

Tell them:

*If you watch carefully, you can tell as much about how people are feeling from their bodies as you can from their faces. When you think you know how they are feeling, you can decide the most appropriate way to act toward them. By doing so, you can help them to feel understood and give them the message that you care about their feelings.*

Write the following emotions on the board or a large sheet of paper:

- Happy
- Disappointed
- Confused
- Angry
- Surprised
- Proud
- Uncertain
- Satisfied
- Shocked

Ask one child to choose an emotion from the list and describe a situation that might cause this emotion. Then ask other members of the group to answer these questions:

1. If a person were feeling this way, how would his face look?
2. What tone of voice would he use if he were talking?
3. What voice volume would he use?
4. What would his posture be?
5. What gestures would he use?