

## **Faces, Eyes, Gestures, and Postures**

**A. What do you share through your eyes, face, and body when you are angry? Worried? Anxious?**

**B. Can you think of a time when you read the body language of a friend or an adult and you felt comfortable and safe?**

**C. Can you think of a time when you read the body language of someone that, for you, felt uncomfortable or unsafe?**

- Their eyes are signaling\_\_\_\_\_.
- Their tone of voice sounds\_\_\_\_\_.
- Their face is expressing\_\_\_\_\_.
- Their posture and the way they move their hands and arms tell me\_\_\_\_\_.

**D. What about you when you're angry?**

- When I am angry my eyes are signaling\_\_\_\_\_.
- When I am angry, my tone of voice \_\_\_\_\_.
- When I am angry, my face is expressing\_\_\_\_\_.
- When I am angry, my arms, hands, and posture\_\_\_\_\_.

**E. What about when you're worried?**

- When I am worried my eyes are signaling\_\_\_\_\_.
- When I am worried, my tone of voice is\_\_\_\_\_.
- When I am worried, my face is expressing\_\_\_\_\_.
- When I am worried, my arms, hands, and posture\_\_\_\_\_.

**F. What about when you feel safe?**

- When I am safe, my eyes are signaling\_\_\_\_\_.
- When I am safe, my tone of voice is\_\_\_\_\_.

- When I am safe, my face is expressing \_\_\_\_\_.
- When I am safe, my arms, hands, and posture \_\_\_\_\_.

**G. What about when you feel scared?**

- When I am scared, my eyes are signaling \_\_\_\_\_.
- When I am scared, my tone of voice is \_\_\_\_\_.
- When I am scared, my face is expressing \_\_\_\_\_.
- When I am scared, my arms, hands, and posture \_\_\_\_\_.

*Created by Dr. Lori Desautels*