

2.6

Reflecting

Reflect on what you've learned about identifying and naming emotions in this lesson.

WHAT?

What is the definition of emotions? What are some examples of body language positions that typically convey particular emotions?

What did you learn about the relationship between emotions and body language? How do body language and verbal responses help us identify possible emotions that others are feeling?

SO WHAT?

NOW WHAT?

How could paying closer attention to others' body language be beneficial to you? How could you benefit by paying attention to your body language in different situations?

Applying

What In the first column, list five emotions that you observed being expressed with body language. In the second column, list the body language you observed that helped you identify each emotion.

Emotion

Body Language