



Kelsey 3

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### Kelsey 3 – Scared

afraid  
agitated  
alarmed  
anxious  
frightened  
horrified

shocked  
surprised  
terrified  
threatened  
upset

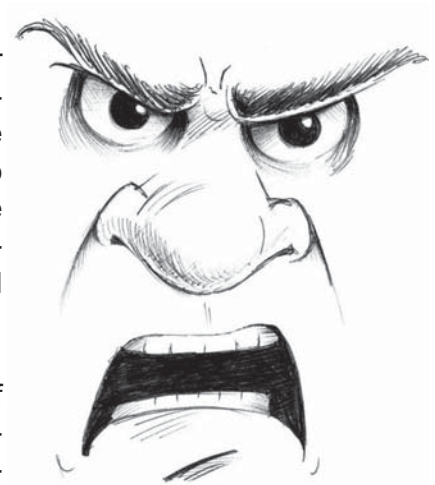
Kelsey shows the three main elements of fear: raised eyebrows; wide eyes; and an open, stretched mouth with the jaw dropped.

- “Oh, no!”
- Kelsey is screaming because there’s a huge spider on her toothbrush.
- “She’s throwing a rock at me!”



## Anger

The key factors in an expression of anger are the eyes and eyebrows. As anger intensifies, the eyes open wider; at the same time, the eyebrows lower. If they lower to the fullest extent, they pull the skin of the upper eyelids up, widening the eye. Cartoonists often depict anger via this lowered brow and wide-eyed expression.



One anger signal is to glare at the target of anger. In a glare, the irises are usually uncovered; the eyelids are retracted, sometimes almost touching the lower line of the eyebrow. The higher the eyelid is retracted, the angrier a glaring person looks. Coupled with a frown or a scowl or perhaps gritted teeth, the glare signals "Watch out!"

Other nonverbal signs of anger are paleness or flushing; a change in voice volume; and a tense body posture that's poised for action, ready to spring, if necessary. A clenched fist can be another sign that someone is angry and itching to do something about it.

Except in a glare, facial expression can change rapidly when someone is angry. It is seldom a static, mask-like expression, especially when someone is also shouting and/or gesturing to punctuate the anger. In general, the more intense the anger, the more rapid the changes in facial expression.

Most people recognize anger as a dangerous emotion, whether they feel it themselves or detect it in others. Anger also happens quickly and, happily, can fade quickly. Those who can control their anger when they feel it are apt to require less energy to overcome their anger if they can just wait it out.



Compressed lips

There are also heavy social limitations about expressing anger, such as not expressing overt anger at a person in authority over you (teacher, general, parent, etc.). There is also the likelihood of retaliation to consider, as well as legal consequences for some actions. Most people learn to suppress the intensity of expressing their anger; those who don't are at risk for some unwelcome consequences. We can see some efforts to suppress anger in the mouth, such as lips tightly pressed together.



### Gestures and Postures Cards

Present the Gestures and Postures Cards from this kit, one at a time. Use the information on the backs of the cards to help your students understand each gesture and posture.

Here are some helpful questions to ask your students as you present each Gesture and Posture Card:

What do you notice about this person's body/gesture/posture?

What is this person's body saying? How can you tell?

What might be a reason this person is sitting/standing/gesturing that way? (Encourage various logical responses.)

Make your body send the same message. (Model the same poses and have your students imitate them. Let them check themselves in a mirror, if possible.)

How do you know this person isn't saying \_\_\_? (unrelated or contrasting message)

Place two Gesture and Posture Cards in the wooden display tray. Say what one of these cards communicates to us nonverbally. Have a student select the card that sends that message. Continue this task, adding a third card to increase the complexity as appropriate for your students' competency.

### Get the Picture?

Cut out pictures of people from newspapers or magazines. Present one picture at a time and ask your students to look for clues that tell what the person is thinking and feeling in the picture. Since the same posture can mean different things in different contexts, encourage your students to think of as many possibilities as they can that are logical, given what we can tell from the picture.

Present a few pictures by covering the subject's head at first. Have your students guess the person's general mood and explain what clues helped them to guess. Then reveal the person's head. See if the additional information confirms or changes any guesses.



Gestures and Postures 9

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## Gestures and Postures 9 – Hands on hips

Luke has his hands on his hips. He is leaning slightly forward. His face is stern. His head is lowered, but he glares straight at us.

- “What do you think you’re doing?”
- “What did you just call me?”
- “I’m not going and you can’t make me.”
- Luke would not let his brother get through his bedroom doorway.