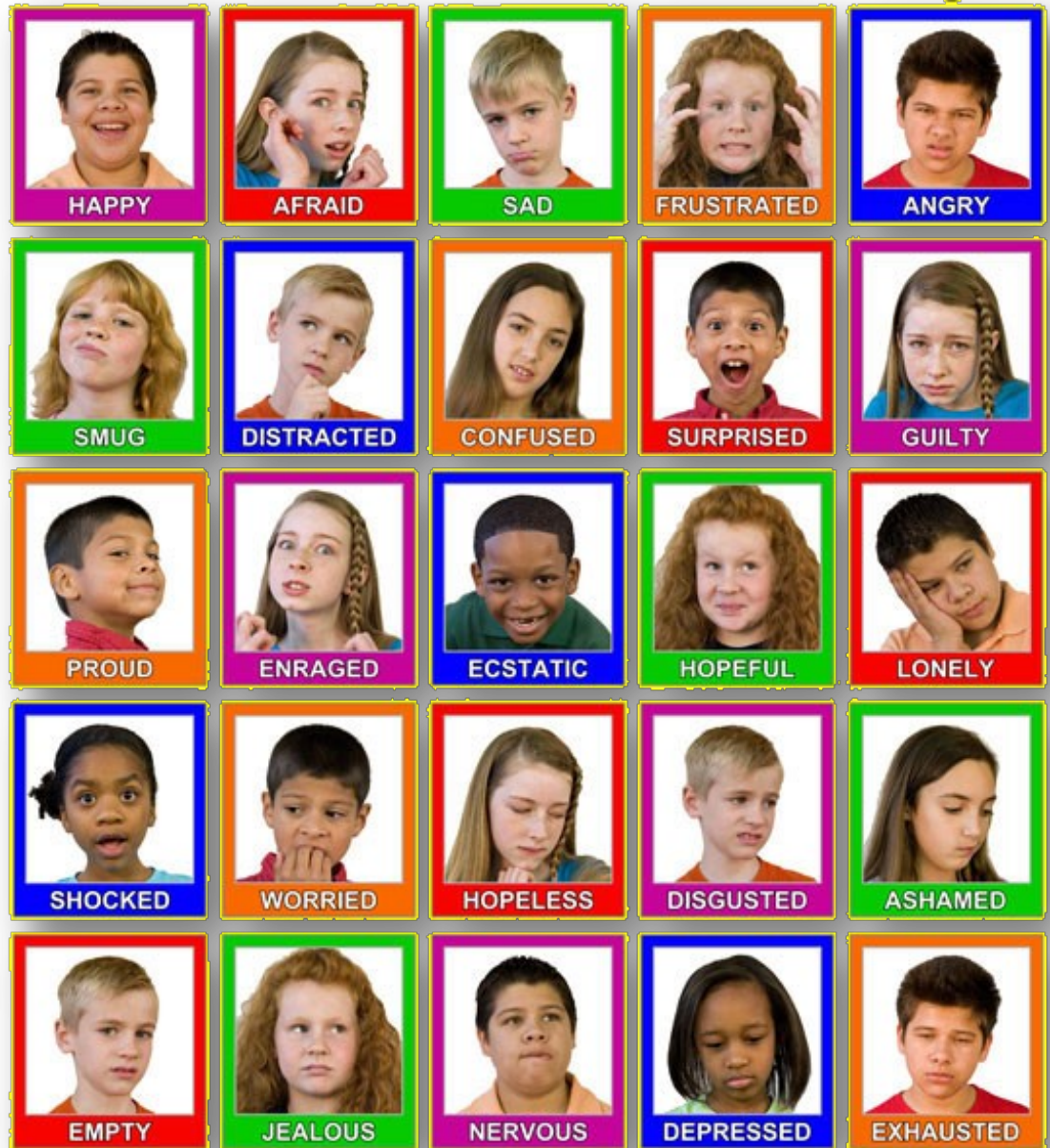


Show Don't Tell -
Thinking About
Emotions

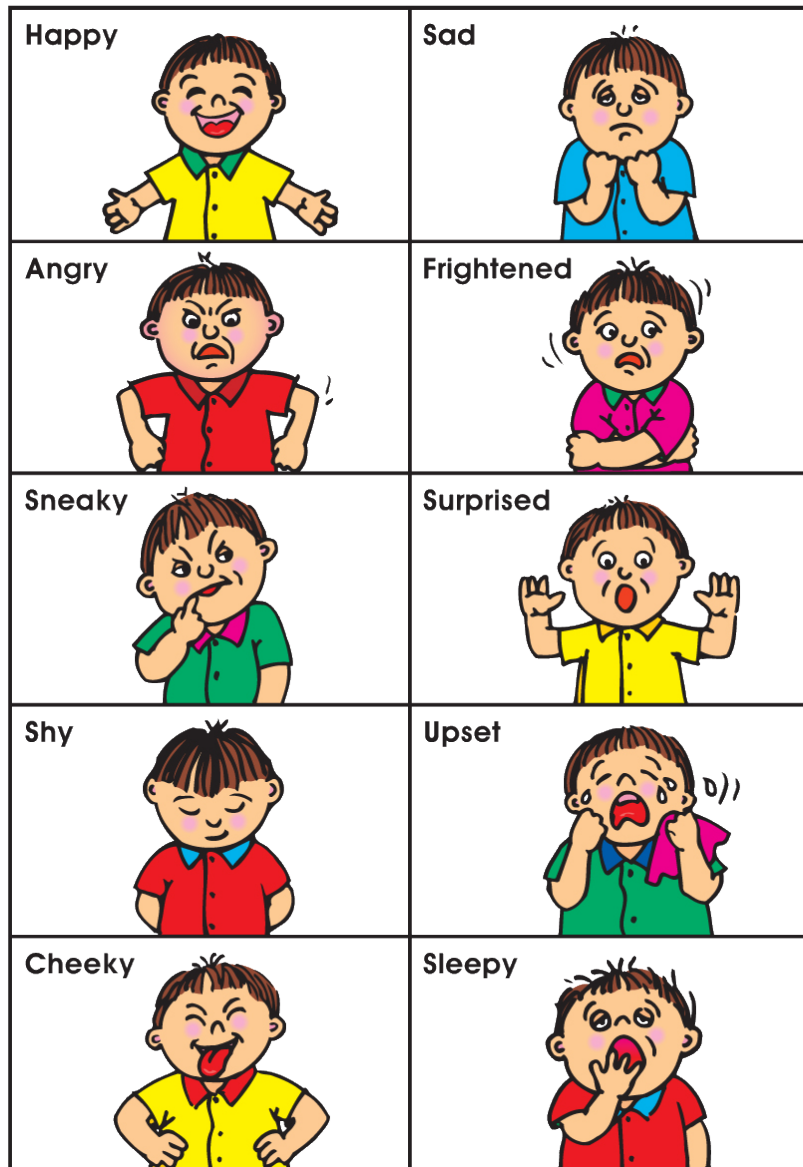
Emotions and Feelings

How do the emotions affect the face of these children?



How do these emotions affect body language?





Our bodies change when we are displaying different emotions – our actions change?

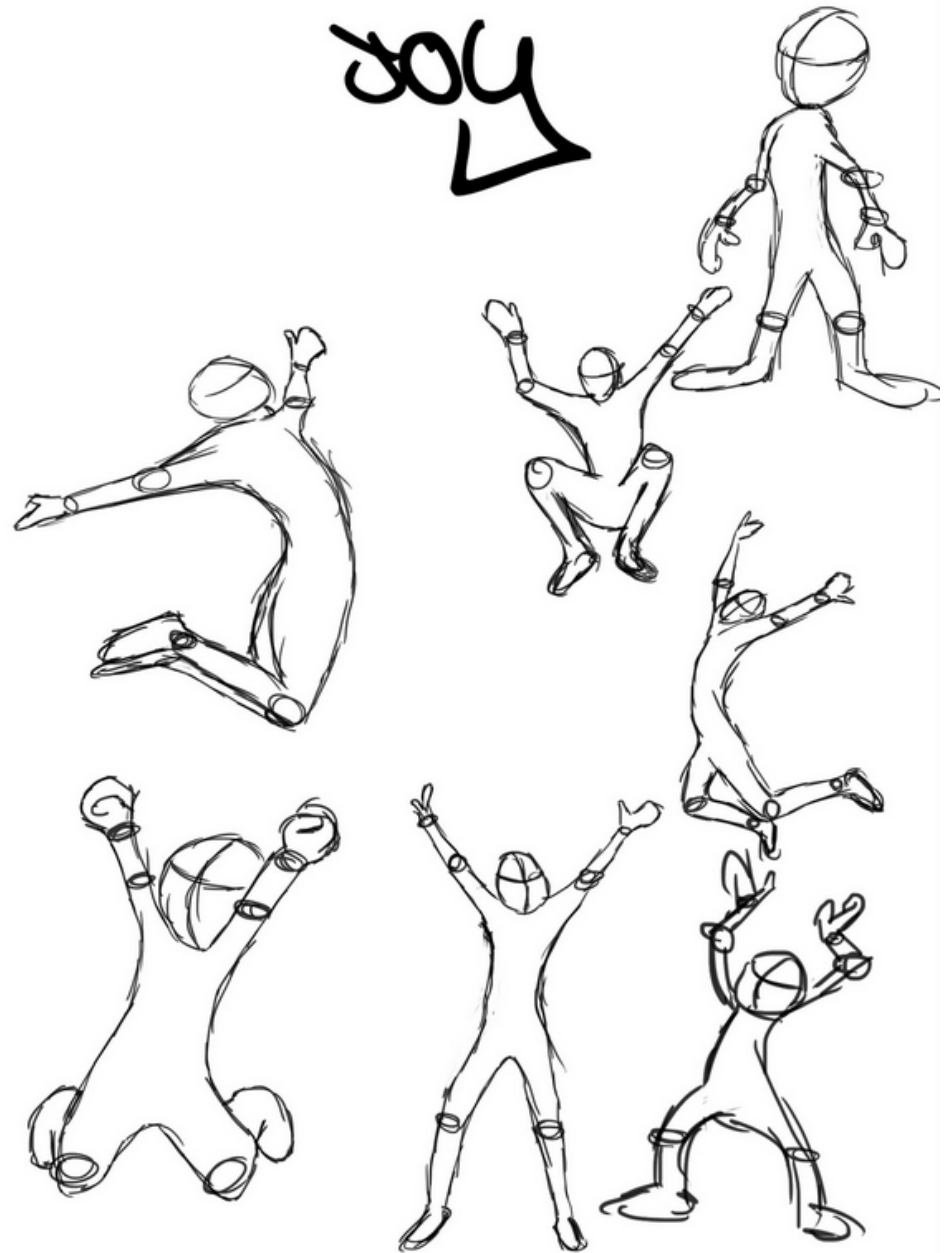
Excited for what's to come

- ✓ talkative,
- ✓ pacing around,
- ✓ rubbing hands,
- ✓ eyes darting around,
- ✓ big smiles,
- ✓ hugging,
- ✓ shaking hands,
- ✓ punching someone on the arm,
- ✓ giggles,
- ✓ victory dance,
- ✓ staring into the distance,
- ✓ group feeling of joy.



Amused

- ✓ smiling,
- ✓ eyes wide,
- ✓ head up,
- ✓ walking quickly,
- ✓ friendly,
- ✓ talkative,
- ✓ using arms a lot,
- ✓ throwing head back,
- ✓ cupping the cheeks,
- ✓ holding ribs,
- ✓ holding hand up to stay stop,
- ✓ covering the mouth,
- ✓ trying to keep a straight face,
- ✓ bouncing on toes,
- ✓ breathlessness,
- ✓ tapping with fingers.



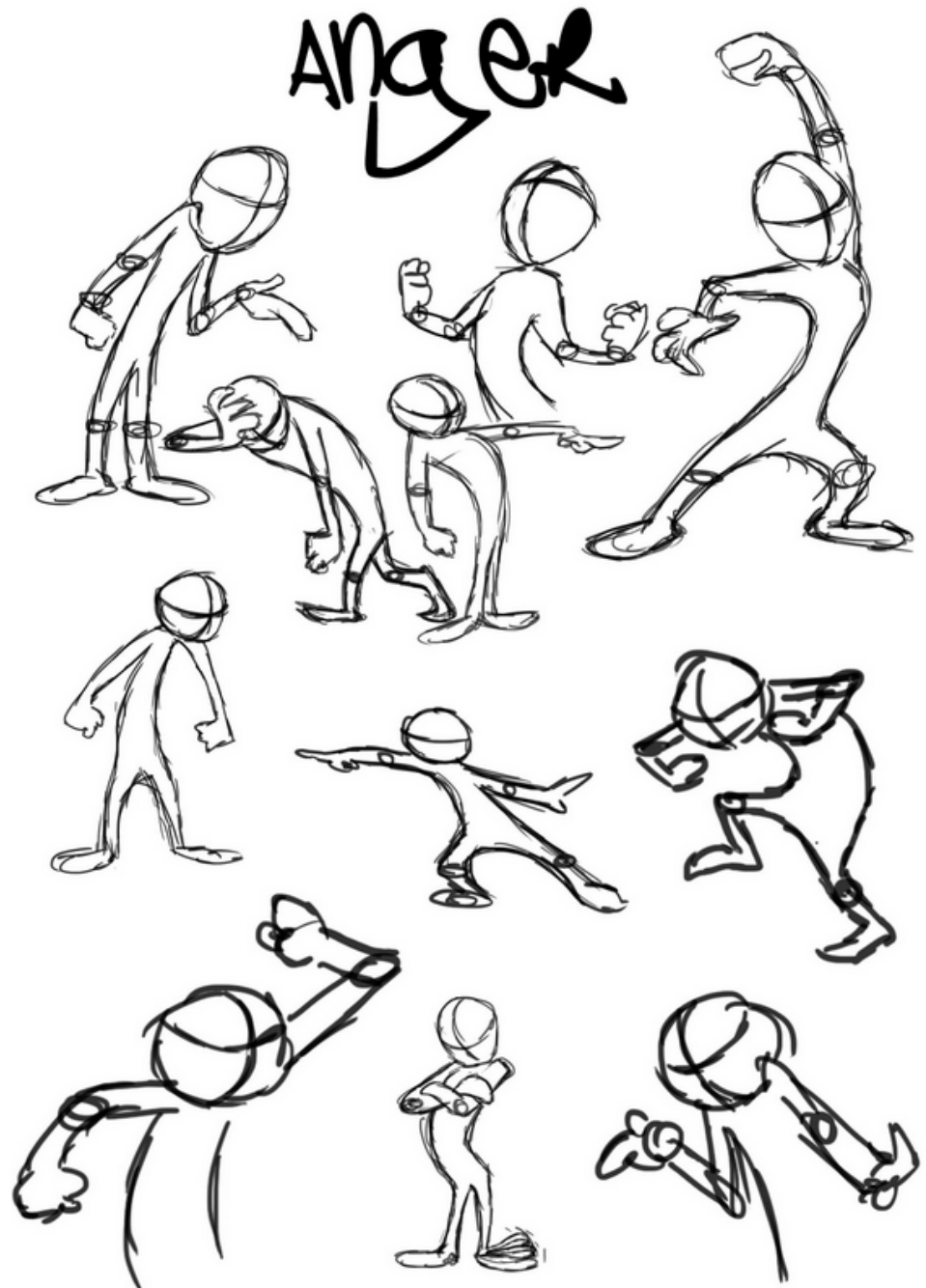
Fear

- ✓ dry mouth,
- ✓ biting lip,
- ✓ wanting to run,
- ✓ gasping for air,
- ✓ cold sweat,
- ✓ talking non stop,
- ✓ dizziness,
- ✓ shivery skin,
- ✓ flinching at noises,
- ✓ shaking,
- ✓ shrill voice,
- ✓ stuttering voice.
- ✓ crouching
- ✓ tip-toeing
- ✓ hands up



Anger

- ✓ breathing deeply,
- ✓ picking fights,
- ✓ sarcasm,
- ✓ pounding fists,
- ✓ prodding finger,
- ✓ deeper louder voice,
- ✓ shoulders and head forward,
- ✓ eyes wide and glaring,
- ✓ hands forward in fists,
- ✓ red face.



Shock

SHOCK



- ✓ yelp or light scream,
- ✓ stiffening posture,
- ✓ sudden coldness,
- ✓ eyes wide and water,
- ✓ head darting left and right
- ✓ hand against chest,
- ✓ hand against throat,
- ✓ shaky soft voice,
- ✓ grabbing someone's arm for comfort,
- ✓ heavy feeling in the stomach,
- ✓ tingling skin,
- ✓ asking who, what, why questions.



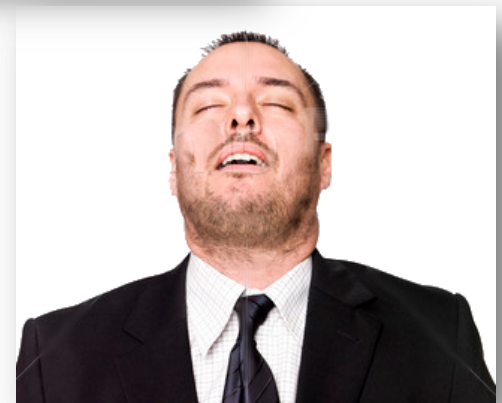
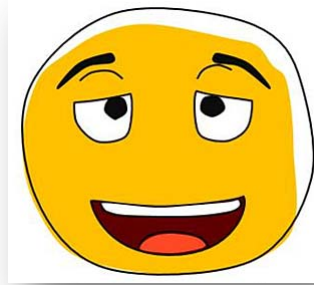
Curiosity

- ✓ straining to see,
- ✓ ears and head pointing to hear,
- ✓ shushing others to be quiet,
- ✓ head moving left and right,
- ✓ wide eyes,
- ✓ slower breaths,
- ✓ lips parted slightly,
- ✓ gasp of wonder,
- ✓ small smile,
- ✓ soft voice,
- ✓ moving from left to right foot



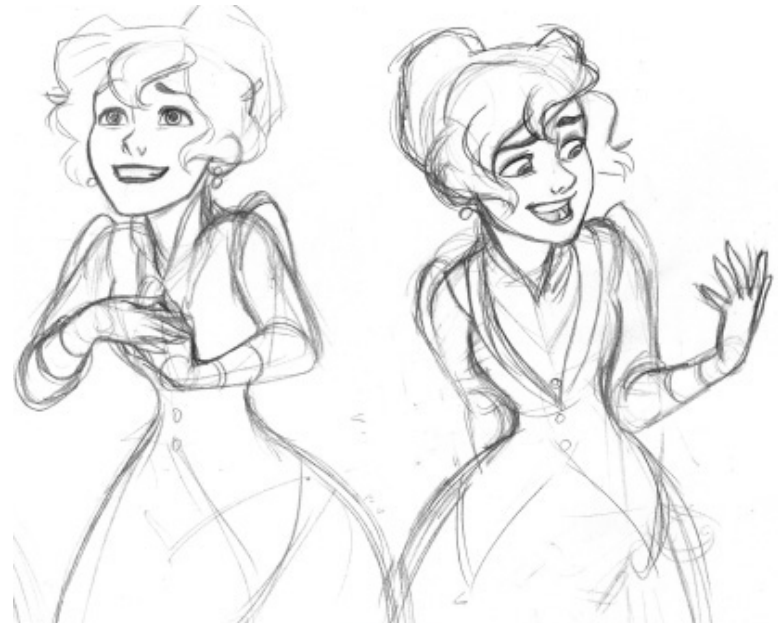
Relief

- ✓ smiling
- ✓ wide grinning eyes
- ✓ eyes closed
- ✓ hand holding brow
- ✓ blowing air out of mouth
- ✓ holding hair with both hands
- ✓ mouth open, hands wide
- ✓ shaking head, disbelief
- ✓ laughter

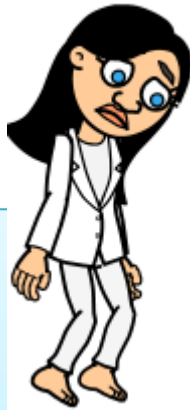


Embarrassment

- ✓ looking down,
- ✓ can't look at other's eyes,
- ✓ hiding face with long hair,
- ✓ walking quickly away,
- ✓ grasping things against chest,
- ✓ gritting teeth,
- ✓ keep swallowing,
- ✓ face goes red,
- ✓ stammering,
- ✓ panicky thoughts,
- ✓ shoulders slumped,
- ✓ glancing around anxiously for an exit.

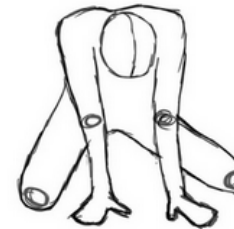
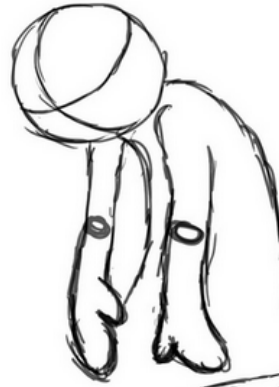


Sadness



- ✓ downcast eyes,
- ✓ red or watery eyes,
- ✓ slow walk,
- ✓ feeling sick,
- ✓ crying, not wanting to talk,
- ✓ jerky breathing,
- ✓ shoulders slumped,
- ✓ rubbing face,
- ✓ rubbing hair,
- ✓ downturned mouth,
- ✓ avoiding other's eyes.

SADNESS



A good writer shows emotions through 'actions' rather than using the emotional word.

Emotion	Actions
Amused	Smiling, eyes wide, head up, walking quickly, friendly, talkative, using arms a lot, throwing head back, cupping the cheeks, holding ribs, holding hand up to stay stop, covering the mouth, trying to keep a straight face, bouncing on toes, breathlessness, tapping with fingers.
Fear	Dry mouth, biting lip, wanting to run, gasping for air, cold sweat, talking non stop, dizziness, shivery skin, flinching at noises, shaking, shrill voice, stuttering voice.
Anger	Breathing deeply, picking fights, sarcasm, pounding fists, deeper louder voice, shoulders and head forward, eyes wide and glaring, hands forward in fists, red face.
Shock or Surprise	Yelp, stiffening posture, sudden coldness, eyes water, hand against chest, hand against throat, shaky soft voice, grabbing someone for comfort, heavy feeling in the stomach, tingling skin, asking who, what, why questions.
Curiosity	Straining to see, ears and head pointing to hear, shushing others to be quiet, wide eyes, slower breaths, lips parted slightly, gasp of wonder, small smile, soft voice
Excited for what's to come	Talkative, pacing around, rubbing hands, eyes darting around, big smiles, hugging, shaking hands, punching someone in fun on the arm, giggles, victory dance, group feeling of joy.
Embarrassment	Looking down, can't look at others eyes, hiding face with long hair, walking quickly away, grasping things against chest, gritting teeth, keep swallowing, stammering, panicked thoughts, shoulders slumped, glancing around anxiously for an exit.
Sadness	Downcast eyes, slow walk, feeling sick, crying, not wanting to talk, jerky breathing, shoulders slumped, rubbing face, avoiding others eyes.