

# Facial Expressions Exercises

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These exercises will help you improve your facial expressions. They will make you more aware of the impact you have on your audience.

## Exercise 1: Watch your face on video

Record yourself on video and analyse:

- What emotions do you see?
- Did your emotions come across as intended?
- Have you got any mannerisms you are unaware of?



## Exercise 2: Reading a fairytale

Read out a fairytale in different emotions and expressions:

happy  
bored  
sad  
angry  
bitter  
teasing  
cynical

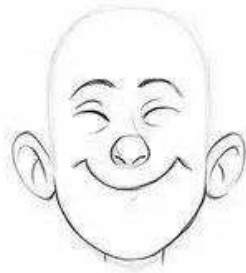
If you are alone, record or look in a mirror to see what is happening.

When in a group, have everyone take a part and a different emotion and let others decide what intonation is used.



## Exercise 3: Follow the emotions

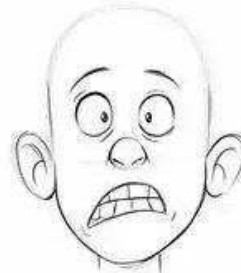
1. Stand in front of a mirror, record yourself or do this with others.
2. Grab a list of proverbs.
3. Read out the proverbs using these emotions below, try to mirror the face



Happy



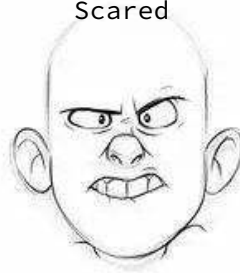
Scared



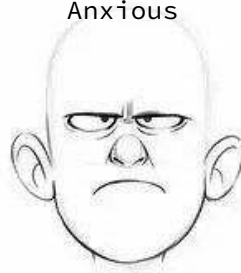
Anxious



Very happy



Angry



Displeased



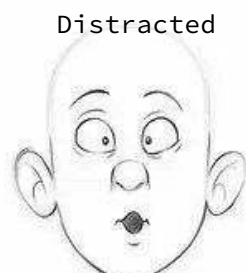
Distracted



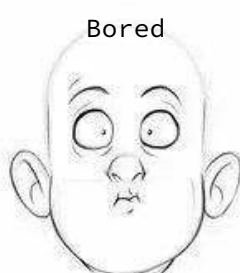
Bored



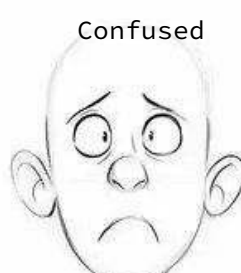
Confused



Surprised



Startled



Sad