

Introduction:

This activity is an adaptation of Midha's (2010) Pair Sculpt and Group Sculpt.

As a result of this activity, participants will be able to:

1. Reflect on their cultural assumptions about expression and emotion.
2. Interpret emotional expressions demonstrated in the body language of others.
3. Compare narratives and narrative assumptions about body language expression and response.

Materials:

A video link system (Zoom, Skype, Teams, other), emotion and expression stimulus cards based on the lists below (This activity can also be conducted in a variety of ways using the chat function on the chosen communication platform using the lists below. For example, the facilitator might send a participant a word through a private message on Zoom).

Easy:

- Happy
- Sad
- Angry
- Scared
- Disgusted

Difficult:

- Surprised
- Nervous
- Worried
- Determined
- Proud
- Tired
- Energetic

Activity Instructions:

1. Mirroring poses of body language

Assuming groups are in two separate locations, members should take turns drawing an emotion or expression card 'from a hat' or by some other random allocation. Alternatively, the facilitator might send a participant a word through private message. The first participant sees the word or instruction card, the second does not. The first participant attempts to create a pose, posture, and expression that communicates the card. The second participant mirrors the pose, posture, and expression. Both the mirror and members of each group attempt to guess the card.

2. Describing body language poses

In this extension, the first participant in location 1 (who has seen the card) communicates specific body position and expression moves by audio to the participant in location 2. For example: move your left hand up, bend forward, furrow your eyebrows, etc. Group members then attempt to guess the card.

3. A complimentary pose and narrative connections

In this final mode of the task, the first participant poses one of the cards, then a respondent in the second location constructs a pose that responds to the first. The group members in each location describe the story that is constructed between the two poses. For example: *"He (A) is scared because she (B) is angry at him for (reason)"*

Reflection:

Throughout the tasks and after completing the desired "rounds" of activity, ask participants to reflect on how they might have expressed the emotions differently. Observe the different tendencies towards posing and reading expressions, and whether these are personal or cultural tendencies.

Debrief Questions:

1. What did you notice about yourself while doing this?
2. What did you notice about others?
3. When did it get difficult? When was it easy?
4. How can you make it different? What variations can you think of?