



SAVING FACE

Over the course of a week, draw out the different emotions you experience. Include eyes, eyebrows, forehead and mouth.

When you're done, reflect on the emotional faces and see what emotions it evokes in you.

Now consider how someone else's emotions can affect you, as well as how your own facial expressions can affect others.

Next time you're interacting with someone do a self-check to see if your facial expressions are affecting your conversation in a way you hadn't intended.

