

Family Activities

Family Activity: READ



Detecting feelings in faces

Any family members can try this activity.

Researchers say that people who read are better at recognising how others are feeling. This activity puts that to the test!

You will need: five books, magazines or newspapers

Find five different books, magazines or newspapers with pictures or photos of people's faces in them.

Choose some faces and **see if you can work out how the person is feeling**, just by looking at them.

How can you tell? Is it all in the face, or can you find other clues to their feelings?



Think about all the different ways you can describe similar emotions.

On 9 June, famous authors and illustrators will be talking about why it's important to be able to understand other people's feelings.

Head to our website to read about our Empathy Day plans www.empathylab.uk