Developing Empathy

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Empathy involves the ability to read the behaviours and actions of others in order to understand that person's emotional state.

How a person is feeling can be determined by looking at their non-verbal signals. Look out for these emotions on the TV, at work and at home.

Thinking about a range of different emotions, identify how that emotion affects posture, facial expressions, the way the voice is used and the manner in which it is expressed through gestures.

Some suggestions are given for Anger. Give your own examples for Anger and complete the rest of table below.

Emotion	Posture	Facial expressions	Voice (tone, pace and volume)	Gestures
Anger	Rigid Leaning forward	Face turns red Clenched teeth Furrowed brow Intense eye contact	Loud and fast Clipped speech Short statements	Pointing Stabbing gestures Clenched fists
Anger				
Sadness				

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Emotion	Posture	Facial expressions	Voice (tone, pace and volume)	Gestures
Anxiety				
Joy				
Worry				
Disgust				
Surprise				
Guilt				
Fear				
Despair				