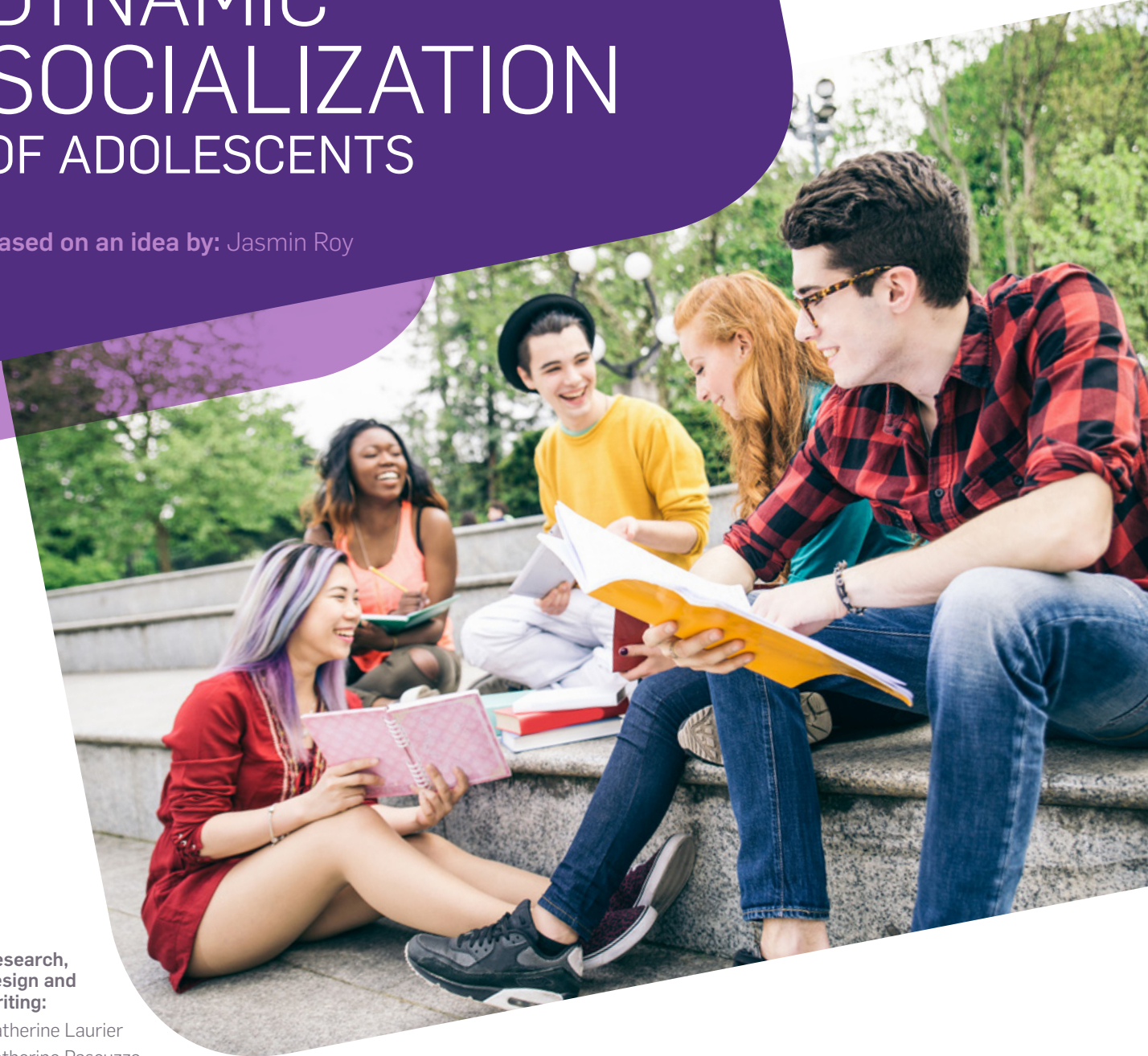


A GUIDE TO PROMOTE THE DYNAMIC SOCIALIZATION OF ADOLESCENTS

Based on an idea by: Jasmin Roy



**Research,
design and
writing:**

Catherine Laurier
Katherine Pascuzzo
Rémi Paré-Beauchemin
Jean-Sébastien Bourré

Since emotions are generally universal and found in all cultures, we can easily recognize them when people express them. Body movements, gestures, facial expressions and feelings may be very similar. With your team, complete the following mission.

Choose one of the following emotions¹ (or emotion groups) and complete the following steps:

content / happy / joyful?

... sad?

... disappointed?

... angry / mad?

... stressed / anxious?

... disgusted?

... calm?

... shameful?

... jealous?

... proud?

... excited?

... surprised?

... scared?

... embarrassed?

- A. Find three different GIFs that illustrate ways to express this emotion with the BODY.
- B. Find two different GIFs that illustrate ways to express this emotion with the FACE.
- C. Present your GIFs to the rest of the group and explain how the emotion is experienced by mentioning:
 - 1- body movements and gestures;
 - 2- facial expressions and
 - 3- internal and external physical sensations.

1 - The facilitator can assign one emotion per team, for example.