



## Explaining faces

**SPECIFIC ISSUE/S:** Any kind of issue

**PURPOSE/OBJECTIVES:** To connect the group to the overall issue and to provide an opportunity for people to engage without feeling exposed.

**LENGTH:** 1 minute for each person in the group

**GROUP SIZE:** Up to 30 participants

**GROUP CHARACTERISTICS:** Any kind of group

**FACILITATOR KNOWLEDGE AND SKILLS NEEDED:** No knowledge needed; Low level facilitation skills sufficient

**RESOURCES NEEDED:** Copies of Feelings about the [issue/subject] cut up into individual faces; laminate if to be used often. You can download different images from [http://www.123rf.com/clipart-vector/facial\\_expression.html](http://www.123rf.com/clipart-vector/facial_expression.html)

**INSTRUCTIONS:** Prepare the faces in advance.

Hand out one face card to people as they enter the room; or have a box by the door and ask participants to take one; or place one on each chair face down.

Say:

*Look at the face that you have. Think for a minute about the person's expression and what they are thinking about the [ issue] that might produce that expression. I'll do a couple first as examples [Have 2 or 3 ready].*

*'This person is feeling confused by the [issue/subject] because they hear different things about what it means.' ' This person is feeling angry about the [issue/subject] because ...*

*You can express views that you have heard from others—they don't have to be your own. There will probably be some very different views expressed and you may not agree with all of them; this is just an exercise to remind us of all the different emotions that the [issue/subject] evokes—there aren't right or wrong responses.*

**FACILITATION TIPS:** Any response is fine; note potential issues to bring up later. Also, bear in mind that a participant may or may not be sharing their own views.

**VARIATIONS:** If the group has bonded and people are feeling safe, participants could pick faces that reflect something they want to share about their own feelings.

**ACKNOWLEDGEMENTS:** Christine Herzog