

# Thinkibility- 29 Day Challenge

## Day 14 - Emotions

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**Watch a TV programme with the sound switch off. Try to describe the characters emotions by watching their facial expression and body language.**

Learning to understand and becoming observant of non-verbal communication increases your emotional awareness. You can observe other people's body language, for example, frowning can mean discomfort, physical pain, anger, or suspicions. Yet interpreting signs is not a straightforward activity and frowning can mean that someone is listening intently and concentrating. Nodding might seem like a straightforward response - it is simply an agreement or encouragement for you to continue - but it can also be a deceptive and the listener has simply switched off and is automatically nodding. Look at gestures, feet, arms, eyes and head.

- Observe people while you are commuting
- Study people while you are sitting in a restaurant or coffee shop
- Closely observe people while watching sport

