








## Body Language & Emotions - Exercises

### 1. Facial Expressions

Complete the missing sections of the chart with either the verb for a facial expression, a picture, or adjectives that describe the emotion being shown and/or a situation when you might make this particular expression.

VERB	PICTURE	EMOTION/SITUATION
Grimace		pain, anguish, discomfort (both mental and physical)
Grin		happy, overjoyed, ecstatic
Squint		looking into a bright light trying to remember something confused
Frown		serious, focussed, confused, angry, annoyed
Stare		looking at something or someone with intense interest
Glare		angry, resentful, hateful
Sneer		disdainful, mocking, contemptuous
Blush		embarrassed, self-conscious
Scowl		angry, miserable, fed up

Gape		surprised, astonished amazed, in awe of
Wince		experiencing pain or discomfort severe embarrassment
Smirk		self-satisfaction, smugness, complacency feeling pleased with oneself
Yawn		bored, tired, showing disinterest
Pout		sulking, dejected, seeking attention feeling sorry for oneself
Gaze		relaxed, contented, day dreaming, feeling in love

## 2. Tone of Voice

Choose the most appropriate verb/noun from below to complete the sentences using the correct form.

*Whisper*      *Mumble*      *Shout*      *Scream*      *Whimper*

She smiles, leans over and whispers a few words in his ear

Close to tears with the pain he whimpers feebly in his bed.

A blood curdling scream fills the air. Nobody moves.

The sergeant shouts his orders to his men.

Feeling very ashamed she mumbles a few words of apology.

### 3. Actions and Gestures

The verbs in the right-hand column are synonyms (but with a more poetic or dramatic sense) of the verbs in the left-hand column. Match the verbs between the left and the right columns that have the closest meaning.

Actions/Gestures	Dramatic Action
Pick up	She <b>flops down</b> in her chair. <b>Sit down</b>
Escape	He <b>springs to his feet</b> . <b>Stand up</b>
Stand up	He <b>slams</b> the door behind him. <b>Close</b>
Lie down	She <b>grabs</b> <b>Takes</b> her bag from him and <b>rushes out of</b> <b>Leave</b> the room
Look (x 2)	He <b>heaves</b> the heavy bag into the trunk of the car. <b>Pick up</b>
Close	She <b>peers</b> through the keyhole. <b>Look</b>
Hold	Hearing a noise, he <b>flees</b> through the open window. <b>Escape</b>
Leave	She <b>collapses</b> exhausted onto the bed. <b>Lie down</b>
Sit down	She <b>clasps</b> <b>Hold</b> his hand in hers and <b>gazes</b> <b>Look</b> into his eyes.
Take	