



LESSON 4.9 Your Face is Telling Me What?

Module #4: Who Am I?

It is important for ninth grade students to develop an understanding of themselves, what they believe in, and how they relate with everyone else in the school building. Understanding oneself is an important bridge to understanding others. Being able to answer the question, "Who Am I?" makes appreciating others' similarities and differences easier to accept.

Enduring Understandings

- I. Truly knowing oneself means knowing one's values, culture, communication style, beliefs, and mission and how they influence everyday life and relationships.
- II. **Identity is not just defined by how a person looks; rather identity is a complex web that includes values, behaviors, traditions, and beliefs.**

Essential Questions

- I. What is my communication style and why is it important that I know it? (I)
- II. **How do I define my identity? (II)**
- III. **What beliefs and values define my personal mission in life? (II)**

Lesson Objective(s)

Students will continue to explore empathy and its value in defining who we are as individuals.

Lesson 4.7

Lesson 4.8

Lesson 4.9

Lesson 4.10

Lesson 5.1

Directions:

1. Begin the lesson with a follow-up discussion of Lesson 4.8. Remind students of Daniel Pink's definition of "empathy." Was anyone surprised by their empathy score? Why or why not? Was anyone bothered by their score? Is empathy something we can get better at? How?
2. Since empathy is about understanding how other people feel, being able to "read emotions" is an important skill:
"With forty-three tiny muscles that tug and stretch and lift our mouth, eyes, cheeks, eyebrows, and forehead, our faces can convey the full range of human feeling. Since Empathy depends on emotion and since emotion is conveyed nonverbally, to enter another's heart, you must begin the journey by looking into his face."
-- *A Whole New Mind: Why Right Brainers Will Rule The Future*; Daniel H. Pink, 2006
3. Students should be directed to an online body language quiz such as: http://greatergood.berkeley.edu/ei_quiz/.
4. Once to this site, students should take the quiz to see how good they really are at reading emotion on an individual's face.
5. Once all students have finished the quiz, conduct a brief discussion about the results and whether or not students were surprised. Were the results on this quiz in alignment with their empathy scores? What does it or does it not mean?

Note: Always review free online assessments prior to having students complete them to ensure appropriateness. Links change frequently and should be reviewed on a regular basis.

Materials & Supplies

- Each student will need access to a computer with internet

FOCUS POINT

As we continue this journey of self-discovery, how empathetic we are is important – as 'empathy' not only says a lot about us, but it also plays a significant role in our relationships and interactions with others.

- For more information about empathy and its importance, read: *A Whole New Mind: Why Right Brainers Will Rule The Future* Daniel H. Pink, 2006

resources & extension