

# MATES Junior Activity Resource Guide

Goal: Prosocial Competency

Activity Type: Individual  
Relationship Stage: Mid+

## Activity Name:

"Face Flash Cards"

## Objective:

Using images of facial expressions to recognise emotions and build social competence

## Preparation Time:

Up to one hour to source pictures and make cards

## Activity Duration:

30-40 minutes

## Required Material:

- Cards with facial expressions
- Cards with matching scenarios (optional for activity #3)

## Instructions:

- Source pictures of people making different facial expressions from online or magazines. Make sure to include basic emotions of happy, sad, fear, anger, disgust, surprise.
- Feel free to add pictures with more subtle expressions (e.g., boredom, hopeful, embarrassment, suspicion, mischievous, shame, love)
- Test the pictures out on adults first, asking them to guess what emotion is represented in the facial expression. Discard any which adults have difficulty identifying.
- Try one or more of these three activities with the cards:
  - #1: Keep the cards face down and take turns pulling a card from the deck and copying the facial expression. The other person guesses what feeling is being portrayed.
  - #2: Place the cards face down and take turns pulling a card from the deck. The player who pulls the card describes a scenario which would lead to that feeling. E.g., a smiling face may be described as happy because their favourite sports team won, or an angry face may have had a promise broken.
  - #3: Create a second pack of cards with descriptions of scenarios which align with each emotion. Spread them out face-up and take turns choosing a picture and the scenario which matches it.

## Further Notes:

- Take the time to carefully and sensitively discuss pictures which are difficult for your mentee to pick, or which they have strong feelings about, when appropriate during the activity.
- Be aware of non-verbal cues about their comfort level.