

1. In groups, describe how the following factors can influence your feelings.

Illness



Music/DVD



Nutrition



Sleep



2. Use the information gathered in the previous activities to answer the following questions:
How long did your feelings last? Explain any changes in feelings you had during certain stages of the day (for example between morning and evening). What effect can a change in feelings have on a persons behaviour? (e.g. should people allow their daily feelings to impact on their decisions?)

3. In pairs, communicate an attitude or emotion of your choice using nonverbal communication. The class observes this interaction and tries to guess the attitude or emotion being displayed.