

Moving My Face

Activity Instructions

Purpose:

The purpose of this activity is to make students aware of various muscles in their faces and to point out that not all muscles are developed to the same degree in an individual or within groups of individuals.

Materials:

- A partner
- The record sheet
- Mirror (optional)

Procedure:

1. Distribute the records sheet provided on this document to each student.
2. Divide the students into pairs.
3. One student observes as the other attempts to move the part of the face described on the record sheet until both students have attempted all movements.
4. The student records individual data on the record sheet.

Extensions:

1. Graph the results of any of the individual movements.
2. Use a mirror to observe self-movements.
3. Explore other facial movements not listed on the record sheet.

Name _____

Moving My Face Activity – Record Sheet

Place an X in the appropriate boxes to record the data from the facial movements.

Movement	Always	Sometimes	Never	It was hard.	It was easy.
1. Raise both eyebrows					
2. Raise left eyebrow only					
3. Raise right eyebrow only					
4. Blink (close then open both eyes quickly)					
5. Wink the left eye (close then open left eye quickly)					
6. Wink the right eye					
7. Flare the nostrils (make the nostrils larger)					
8. Move the nose to the left					
9. Move the nose to the right					
10. Roll the tongue (pull both sides up so it looks like a hotdog bun)					
11. Turn the tongue upside down (so the bottom of the tongue can be seen)					
12. Smile with no teeth showing					
13. Frown					
14. Quiver the chin (make the chin vibrate in short fast movements)					
15. Wiggle both ears at once					
16. Wiggle the left ear					
17. Wiggle the right ear					
18. Move the hair on the forehead					