**Smiling – Activity #67**

**Purpose:**

1. To explore the expression of emotions including individual and sex differences in such expression
2. To demonstrate the power of non-verbal communication
3. To increase awareness of how self-image is affected by the responses of others
4. To develop student’s skills as experimenters
5. To study the influence of experimental variables

**Procedure:**

1. Your subject should be a stranger to you.
2. You must gain eye contact with the subject to be sure she or he has seen you. Maintain eye contact for a second or two while you either smile or don’t smile at the subject.
3. Decide if you are going to smile or not smile *before* approaching a subject, and then stick to your decision.
4. Whenever possible, pick a subject who is alone. It may affect the results if a subject is with other people.
5. You may wish to record additional data such as date, time of day, or the location of the experiment.

**Data Collection:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date: | **Experimenter Smiling** | | **Experimenter NOT Smiling** | |
| Time: |
| **Response** | **Male**  **(*N*= \_\_\_\_\_\_)** | **Female**  **(*N*=\_\_\_\_\_\_)** | **Male**  **(*N*=\_\_\_\_\_\_)** | **Female**  **(*N*=\_\_\_\_\_\_)** |
| **Smile –subject clearly initiates smile or responds to smile** |  |  |  |  |
| **No Smile-subject clearly does not initiate or respond to smile** |  |  |  |  |
| **Acknowledgement Without Smiling-subject nods head, raises hand, or shows other form of greeting without smiling** |  |  |  |  |
| **Avoidance-subject quickly looks away and avoids a further response** |  |  |  |  |
| **Other-any other repsonse** |  |  |  |  |

**Discussion:**

1. How did it feel not to smile? Was it easy or hard not to smile when a person initiated a smile?
2. How did it feel to smile if your subject did not smile back?
3. What differences did you find between male and female responses? Why?
4. For males and females separately: What difference do you think *your* sex as experimenter made on the results you found?
5. What do you think smiling really means? What “message” is being communicated?
6. What circumstances might have changed your results? Time of day? Season? Area of country? Population setting (city or rural area)?
7. Why do you think some people smile more than others?