



## Windows to the Soul

### *Windows to the Soul?*

It is said that the eyes are windows to the soul, that they express so much that we can see inside of a person through watching their eyes. When a baby is born, one of the first things she recognizes and enjoys focusing on is the human face! Part of what is so compelling is the eyes.

See if you can express an emotion through your eyes without moving any other part of your face! How do your eyes express feelings? Is it really the eyes, or is it the eyebrows, forehead, cheeks, and mouth which frame the eyes, that convey emotions or thoughts? Experiment to see which parts of your face you can move, and which parts you can't. Which moveable parts are the most expressive? What is expressed when nothing moves on your face?



We wear masks every day as we relate to people we meet. We may not always want everyone to know our true feelings, or we may not even know them ourselves! One of the ways that we keep our inner selves hidden is through the contradiction of what our faces are saying and what our bodies are saying.

When people use masks in dance or theater, they use the body's movement and shapes to frame the expression of the mask. A mask which has an expression you recognize as sad when it is not being worn, could seem angry, tired, or snobby depending on what is being expressed from the body behind the mask. A smiling face could seem greedy, silly, devious, or any number of ways. Experiment with making your body express something totally different than your face. (See the movement activity Body Language for more ideas on this.)

Discuss how you do this in everyday life. When might you reveal more through your body's movement than with your face? When might your face and body be expressing the same thing, and when might they contradict each other? Is one more truthful than the other?