



HEALTHY EXPRESSIONS

Task Cards For A Group Activity

No Words Allowed!

Rules: You have to express the emotion given below without saying anything. You have to act out the emotion using only facial expressions and actions.

'Feeling Angry'

No Words Allowed!

Rules: You have to express the emotion given below without saying anything. You have to act out the emotion using only facial expressions and actions.

'Feeling Sad'

No Words Allowed!

Rules: You have to express the emotion given below without saying anything. You have to act out the emotion using only facial expressions and actions.

‘Feeling Tired’

No Words Allowed!

Rules: You have to express the emotion given below without saying anything. You have to act out the emotion using only facial expressions and actions.

‘Feeling Irritated’

Keep Smiling!

Rule: You have to act out your response to the given situation but you have to keep smiling as you give your reaction.

Situation:

Your colleague has come late for his duty.

Keep Smiling!

Rule: You have to act out your response to the given situation but you have to keep smiling as you give your reaction.

Situation:

Your colleague has repeated the same mistake in his work for the 3rd time.

Keep Smiling!

Rule: You have to act out your response to the given situation but you have to keep smiling as you give your reaction.

Situation:

Due to poor connectivity, you haven't been able to speak to your family for a week.

Just do it!

Rule: Complete the task given below in the best way you can

You have to give a speech to motivate all your crew members. You have 2 minutes to prepare and the speech has to be of at least 2 minutes.

Just do it!

Rule: Complete the task given below in the best way you can

Choose any one crew member who you admire onboard and tell him what qualities you admire about him.

Just do it!

Rule: Complete the task given below in the best way you can

You have to thank all your crew members for the efforts they put in onboard, without saying anything. You have to communicate this “Thank you” only through actions.

Just do it!

Rule: Complete the task given below in the best way you can

Demonstrate two ways in which you keep your mood positive on the ship. (For e.g. if you listen to music to stay positive, act as if you are listening to music now).

Just do it!

Rule: Complete the task given below in the best way you can

You have to demonstrate a breathing exercise and then have all of your mates do the exercise with you.

These are the instructions for the breathing exercise:

1. Breathe out completely through your mouth, making a "whoosh" sound
2. Breathe in quietly through your nose for 4 seconds
3. Hold your breath for a count of 7 seconds
4. Breathe out forcefully through the mouth by making a "whoosh" sound, for 8 seconds
5. Repeat this breathing cycle 3 more times