

# **EXPRESSIONS & EMOTIONS**

**By: Nelleke Ferreira**

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## ACCORDING TO THE GBPC PROGRAMME:

- Animals/Humans emotions captured.
- The emotion must be obvious and recognisable in the shot.
- Photos can be candid / posed also an excellent street photography opportunity.
- The expression on the face or body language must tell the story, **not** implied by the surroundings.

IT'S ABOUT THE EXPRESSION/ EMOTION OF  
THE SUBJECT – NOT THE PHOTOGRAPHER



# BODY LANGUAGE

- **Body language** is a type of a nonverbal communication in which physical behaviours, as opposed to words, are used to express or convey the information.
- *(is that not exactly what photography is? Non-verbal communication?)*
- Such behaviour includes facial expressions,
- body *posture*,
- gestures,
- eye movement,
- touch and the use of space.
- Body language exists in both animals and humans



# WHAT ARE FACIAL EXPRESSIONS?

- A **facial expression**<sup>[1]</sup> is one or more motions or positions of the muscles beneath the skin of the face.
- These movements convey the emotional state of an individual to observers.
- Facial expressions are a form of nonverbal communication.
- They are a primary means of conveying social information between humans, but they also occur in most other mammals and some other animal species.



# WHAT ARE FACIAL EXPRESSIONS?

- When a person experiences an emotion, it can trigger an involuntary reaction, which is expressed by changes in the **facial muscles**.
- These slight adjustments in proportion and relative position of the facial features are what make up an expression.
- The human face can make over 10,000 expressions, which is kind of overwhelming!
- Luckily, there are just six fundamental, universal facial expressions.



# 6 FUNDAMENTAL UNIVERSAL FACIAL EXPRESSIONS

- Happiness
- Sadness
- Surprise
- Fear
- Anger
- Disgust
- *Contempt often gets thrown in the universal category too, but can be difficult for some cultures to distinguish.*



# WHAT ABOUT BODY LANGUAGE?

- Why do facial expressions get all the fame?
- Well, emotions are actually shown *primarily* on the face, not the body.
- What body language can convey is how that emotion is being dealt with.
- Still important information, but the face is really where the *critical action* is happening.
- We'll get to body language a bit later



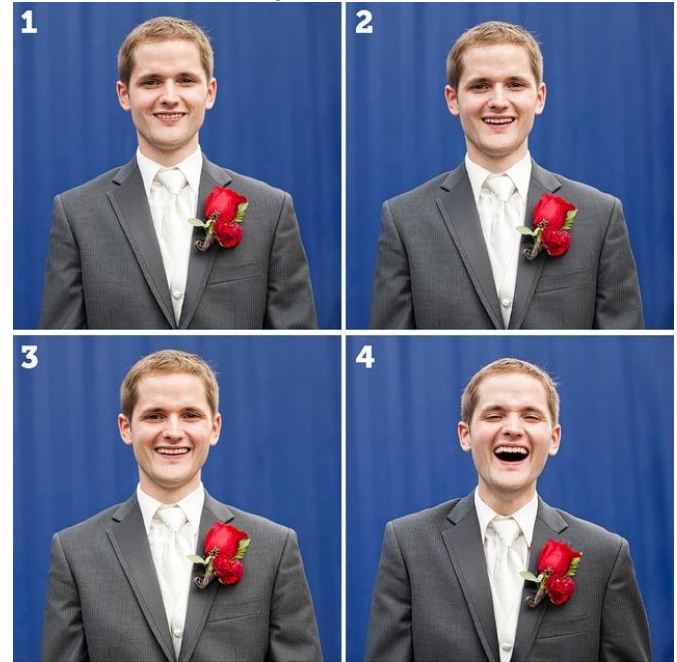
# THE IMPORTANCE OF UNDERSTANDING FACIAL EXPRESSION AS A PHOTOGRAPHER

- Deciding WHEN to take the shot
- The fleeting nature of *real* emotions necessitates a different technique.
- You have to hunt for those expressions, be patient, and wait for them to emerge. Then you shoot, knowing that emotion could last just a couple seconds.





- You can put your subjects in a flattering position, and then engage them in some interaction designed to get them actually *feeling* happy (like talking with each other about the first time they met). Then you watch carefully and attentively.
- You can put your subjects in a flattering position, and then engage them in some interaction designed to get them actually *feeling* happy.
- Then you watch carefully and attentively.
- Once you *anticipate* a genuine emotion happening, **shoot!**
- And not just one frame. Expressions change so rapidly that just one frame often misses the best moment of the expression.
- *Taking a few will give you a much greater chance of capturing that fantastic instant*



# HAPPINESS

- Don't worry I'm not gonna go through all of them – but as happiness is the most common & I want to say important expression of all – I'm going to dig a bit deeper into this one...
- **Happiness is shown in the lower face and the eyes.**
- The corners of the lips are drawn back and slightly up. The lips can remain together in a **smile**.
- The mouth can be opened, with the teeth together, in a **grin**.
- Or the mouth can be opened, with the teeth parted, to create a **wide grin**.



# HAPPINESS



This is the most known feature of happiness, but the other aspects of the expression are what are important for photographers to learn to recognize. They can help you determine **intensity** of the emotion and whether it's **genuine or fake!**



# THE SCIENCE BEHIND A SMILE: NASO-LABIAL FOLDS

- First you have what are called the **naso-labial** folds. These are wrinkle lines running from the nose, out and down to the area beyond the corners of the mouth.
- Now, while the position of the lips is the ***primary way*** to determine the **intensity** of the smile, these folds can also help. In fact, you can have the same intensity of smile, with or without teeth showing.
- The way to tell is by checking the **depth** of the naso-labial folds. So it's not actually necessary to “show those pretty teeth” to have a big smile!





# THE SCIENCE BEHIND A SMILE: THE EYES

- With happiness there is a lot of action going on around the eyes as well.
- Crow's feet wrinkling is formed at the **outer corner** of the eyes.
- There may be a **glistening** in the eyes—a sparkle if you will.
- The cheeks become **raised**,
- the skin below the lower eyelid is pushed up,
- and lines are formed below the eye.
- *I know its all very scientific – but I thought we can all do with a bit of theory in our lives ☺*



- Now, as any photographer knows, smiles can be **faked**. All it takes is a request of “Say cheese!” and you’ll have a perfect example of the fake smile.
- Unfortunately it doesn’t actually convey any real emotion, making the image less meaningful to the subject.
- You haven’t captured a feeling that they want to remember, but rather a hollow representation of an emotion. Not quite as awesome.
- But, luckily, **there is a way to determine a real smile from a fake one.**
- It was first discovered by the French neurologist Guillaume-Benjamin-Amand Duchenne de Boulogne, and has been since been named a “Duchenne smile”.
- It involves both the zygomatic major muscle (which is the one that raises **the corners of the mouth**), and the orbicularis oculi muscle (which **circles the eye**).



# THE SCIENCE BEHIND A SMILE: THE EYES

- APPARENTLY: Very few people can voluntarily contract the orbicularis oculi muscle (muscles around the eyes), so it is seen as the indication of the genuine smile.
- Specifically we're talking about the outer part of the muscle that runs all around the **eye socket**, and pulls down the eyebrows and the skin below the eyebrows, while pulling up the skin below the eye and raising the cheeks.



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# BODY LANGUAGE IN PHOTOGRAPHY

- Photographers who like to photograph people might benefit from familiarizing themselves with the basic body language patterns that portray particular emotions and mental states.
- [http://truecenterpublishing.com/photopsy/body\\_language.htm](http://truecenterpublishing.com/photopsy/body_language.htm)



# BODY LANGUAGE: AGGRESSION

- *Aggression*: Frowning, snarling, baring teeth, staring, with reddened face, rigid body, clenched fists, and large, threatening and insulting gestures, you display unexpectedly sudden movements, intrude on someone's space, and deliver unwanted or hostile body contact.



# BODY LANGUAGE: CONCENTRATION AND ATTENTION

- *Concentration and Attention:* Very still, with fixed gaze, furrowed brow, and an open body (as opposed to looking closed off), you lean your body and tilt your head towards the person or object on which you are concentrating. You seem unaware of distractions.



# BODY LANGUAGE: BOREDOM

- *Boredom*: Yawning, looking tired, with a blank expression and a slouching or leaning body, you tap your toes, drum your fingers, doodle, and glance at your watch. You don't seem to be paying attention to someone or something that should be your focus.



## BODY LANGUAGE: CLOSED OFF

- *Closed off*: With crossed arms, ankles, or legs, you look down or away. You wrap your arms around an object. You are trying to hide, hold yourself, and curl up as if in fetal position.



# BODY LANGUAGE: DEFENSIVE & PROTECTIVE

- *Defensiveness and Protection:* You cover vulnerable parts of your body, lower your chin, cross your arms, close and then cross your legs. While averting your eyes, you look rigid and try to make yourself small. You use an object for a protective barrier and your arms and hands to fend off things that seem threatening.



# BODY LANGUAGE: CONTEMPLATION

- *Contemplation* (as in thinking, judging, evaluating):  
With folded and steepled hands, pursed lips, intense gaze but relaxed body, you touch your mouth, chin, and the sides of the nose. You seem lost in thought.



## BODY LANGUAGE: SEDUCTION / FLIRTATIOUS

- *Romance and Sexuality / Seduction*: With dilated pupils and a fixed gaze, you point your feet and hands towards the other person. You lean in while you seductively play with something in your hand, (Boudoir shoots?)
- You copy the other person's body language, preen, brush your fingers through your hair, caress yourself, display your body and expose some part of it while pursing, touching, and licking your lips. Moving into the other person's personal space, you brush by, gently touch, then caress the body.
- Can be done very tasteful!





# VIDEO LINKS

- <https://www.youtube.com/watch?v=8mvJZPxVtgE>
- <https://www.youtube.com/watch?v=9Vr7PXg2AkE>
- [https://www.youtube.com/watch?v=FLgz4\\_MdT6A](https://www.youtube.com/watch?v=FLgz4_MdT6A)

