

Emotions Mini-Lesson: Introduction to Psychology



Dylan Abrams & Ethan Ray

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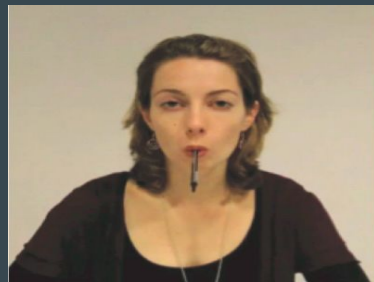
1. One's place a pen between your teeth



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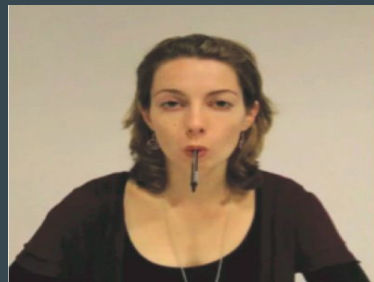
1. Ones place a pen between your teeth
2. Twos place a pen between your lips



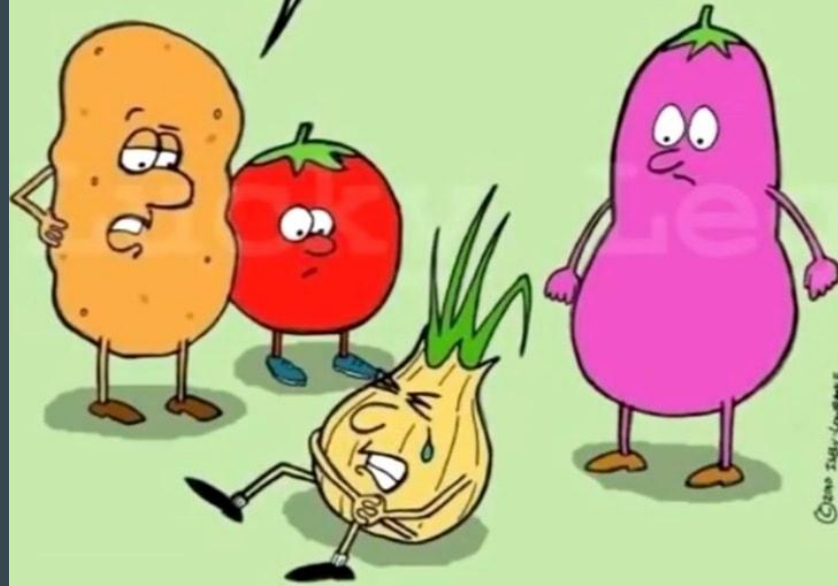
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1. Ones place a pen between your teeth
2. Twos place a pen between your lips
3. Rate the funniness of the following three comics on a scale of 1-5 (higher=funnier). Write down your ratings.

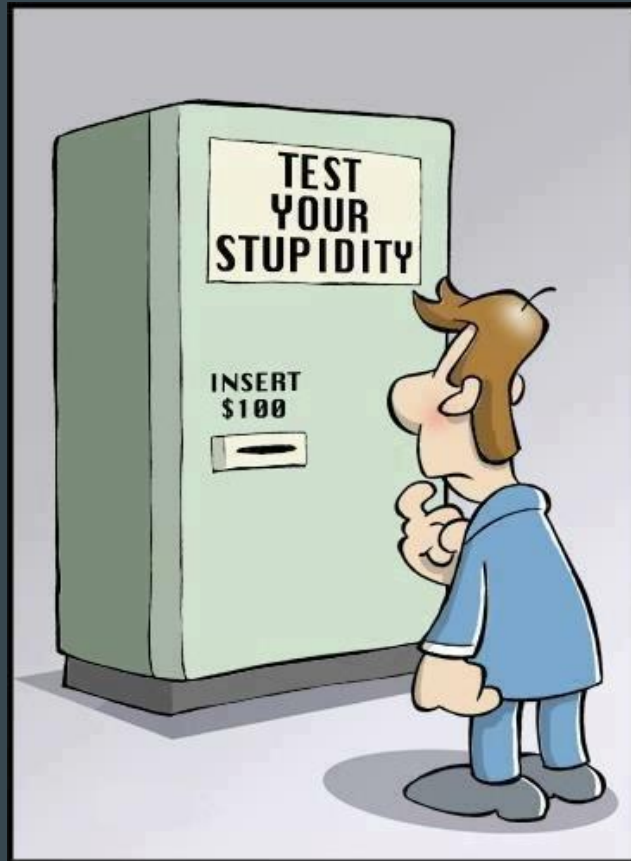


Great... He cut himself. NOW we're all gonna start crying...



I DON'T LIKE THE LOOKS OF THIS...





Vote!

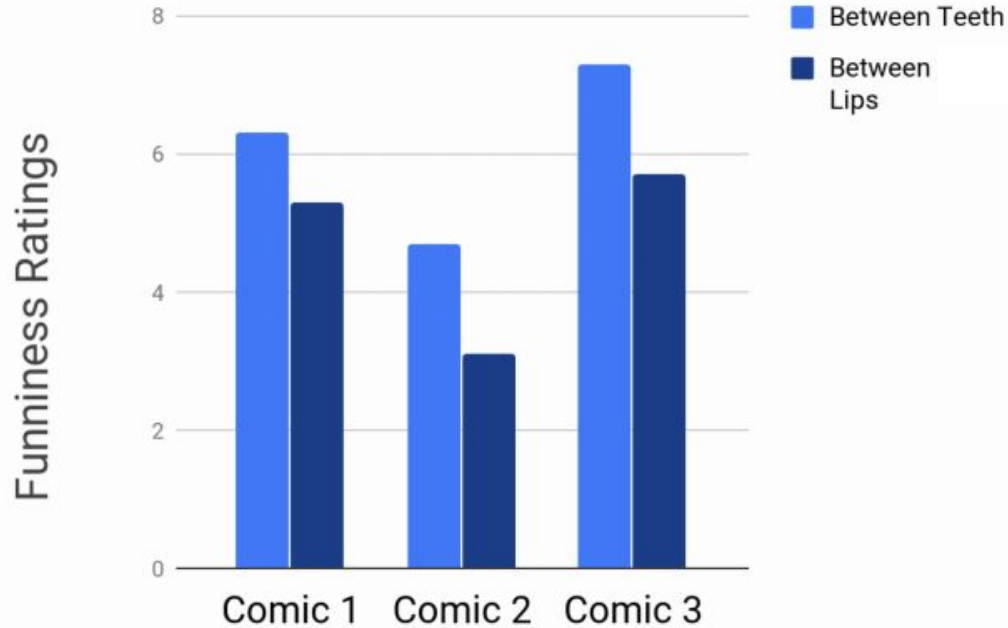
Poll Results and Group Discussion

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1. What do you notice about the results? Do any patterns emerge?
2. Why do you think certain patterns emerged? Does anybody have a hypothesis/theory that might explain these patterns?

“Expected” Results

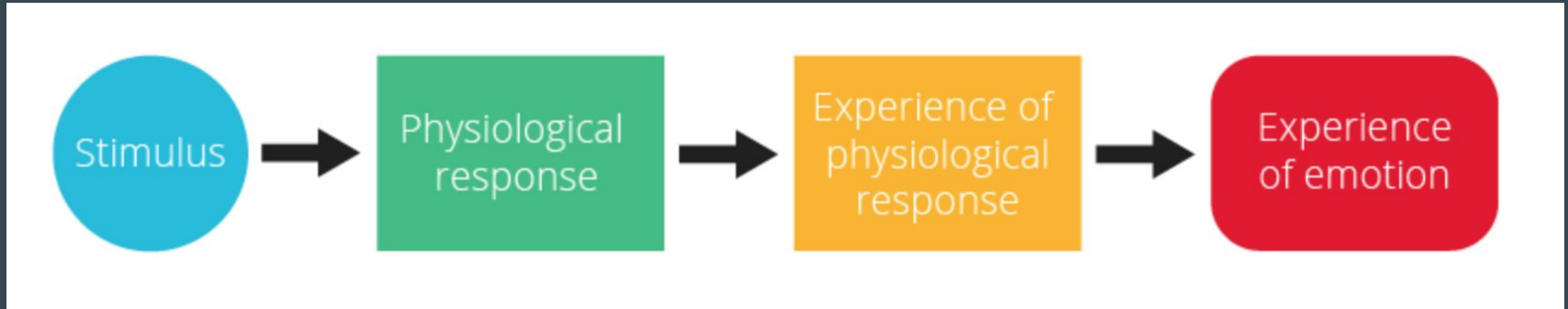


James-Lange Theory of Emotion

People experience emotion because they perceive their bodies' physiological response to external events.

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Learning Objective

Identify and describe basic components of the James-Lange theory of emotion including stimulus, physiological response, interpretation, and experience of emotion.

References

James-Lange theory:

Titchener, E. B. (1914). An historical note on the James-Lange theory of emotion. *The american journal of psychology*, 25(3), 427-447.

Activity inspired by:

<https://futuresinitiative.org/teachingpsychology/wp-content/uploads/sites/142/2018/05/Emotion-Minilesson.pdf>