

NAME: _____

Spy Games

Being a spy isn't about action. It is about information. Actually, it is about correct information. Sure, phone tracking and electronic gadgets are cool, but the most important information revolves around people: their thoughts and feelings. Do you have what it takes to be a spy? Try out these simple exercises.

1. Pick a spot to observe a stranger. Once he or she enters your field of vision, what is your immediate reaction to what is going on in their head (top down)?

Why did you think that? Analyze your own intelligence gathering. Did you notice the pace of their walk? Set of their shoulders? What were the details (bottom-up)

2. Observe someone you know well from mid-range for 4 minutes. Can you do this without them knowing? Are you giving off cues and clues about your intent? Remember cues about intentions and emotions work both ways!

3. What was your gut telling you about them? (top down)

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4. What details did you notice? (bottom-up)

5. Observe someone who you know is displaying emotion -either anger, joy, Sadness or Disgust. By noticing and assuming their emotional state, you are using top-down processing. List three specific cues you observed that supports your assumption of their emotional state

A.

B.

C.

6. Were they faking their emotions? How do you know? Did they fool you? Is this whole activity actually a trick to see how **you** would react? What did your face show when you read that last sentence?