

POSTER: SMILE

Key points to make in relation to the poster

The song *Smile, Smile, Smile* conveys the key point of this poster, that if we smile and think positively even in adversity we will make ourselves and others feel stronger and better.

Quotations/sayings

- A smile costs nothing, but gives much.
- It enriches those who receive without making poorer those who give.
- It takes but a moment, but the memory of it sometimes lasts forever.
- None is so rich or mighty that he can get along without it.
- And none is so poor that he cannot be made rich by it.
- A smile creates happiness in the home, fosters goodwill in business and is the counter-sign of friendship.
- It brings rest to the weary, cheer to the discouraged, sunshine to the sad and it is Nature's best antidote for trouble,
- Yet it cannot be bought, begged, borrowed or stolen,
- For it is something that is of no value to anyone until it is given away.
- Some people are too tired to give you a smile.
- Give them one of yours as none needs a smile so much as he who has no more to give.
Sathya Sai Baba, January, 1969.
- A smile costs less than electricity and gives more light.
- All people smile in the same language.
- Be happy.
- A good laugh is sunshine in the house. (William Makepeace Thackeray)
- Optimists are right. So are pessimists. It's up to you to choose which you will be. (Harvey Mackay)
- Positive thinking will let you do everything better than negative thinking will. (Zig Ziglar)
- Laughter is the sun that drives winter from the human face. (Victor Hugo)

Some suggested starting points:

- It is important to do two things – using a smiling face and a friendly voice. Use roleplay, saying the same thing to the assembly (eg Please would you pick up the

rubbish?) Repeat the same thing with a smile on your face and then without a smile and in a demanding way. Ask the children how they felt with and without the smile.

- [for younger children] Start with the story “Smile” then lead into the song “Smile, smile, smile” (on CD)
- [for older children] In the few days leading up to the assembly assign a group of children to carry out the experiment of smiling at others. Invite the children to introduce the assembly by reporting on the effects of their smiling on others and also on themselves. Use this as a starting point for the song “Smile, smile, smile” (on CD)
- Have children stand at the front with big smiles on their faces. Have a “best smile” competition.
- Invite a guest speaker to talk about laughter therapy.
- Knowing your feelings /choosing to be happy (optimism/resilience): You have a choice whether to be happy or sad. Use role play to show this. Use real examples of children you have seen in the school who are choosing to be happy. Ask the children to write down “What would you do if.....”
- It is important to mention that everyone has worries – it is a part of life – but troubles won’t last forever – if we put on a smiling face we feel better and it helps the troubles to pass more quickly and easily. Smiling can make us feel better if we are angry or sad – as the song tells us.

Songs/Rhymes

- Smile, smile, smile (by Lorraine Burrows)
- Nice Talk (from Exeter tape)
- Bounce Back (from Exeter tape)
- Choose to be Happy (from Exeter tape)
- Let the Sun Shine In (commercial song)
- Do You Want to Play? (from Exeter tape)

Stories (see appendix)

- Smile
- Sarah
- A Gospel of Smiles

Other relevant books

- Can Anyone be as Gloomy as Me? (Toczek)
- [knowing your feelings] Paperback Princess (Munsch) – a good picture book with short story

Silent sitting

Take a long look at the smiling face on the poster..... Close your eyes and imagine that you can still see the smiling face behind your closed eyelids. Watch it for a moment and think about how it makes you feel. Now imagine your teacher smiling at you, and think about how this makes you feel. Imagine your family members all smiling at you, and think about how this makes you feel. Next, imagine your friends and classmates, all standing in front of you and smiling at you. Again think about how this makes you feel.

Now imagine that you are like the smiling face on the poster. Imagine that, like the face, you are a big, round ball of yellow light. Take your concentration to your heart area and feel the smile start to grow there. Feel it getting bigger and bigger until it starts to spill out from your heart. Allow the smile to grow until it reaches your eyes. Feel it getting bigger and bigger until it can no longer stay in your eyes and starts to spill over. Finally allow the smile to move to your mouth. Feel it filling your mouth until it spills over and you can feel the smile coming onto your face. Imagine yourself sitting there, a big round ball of yellow light, with a smile that is coming from your heart, your eyes and your mouth. Imagine that there is nothing in the world except your enormous smile..... When you are ready, open your eyes, and smile at the person beside you, then at your teacher.

Follow-Up Activities for the Classroom

- Have children draw pictures/ computer graphics/take photographs to make a big book to illustrate the song words (for example, using one page of the big book for each line of the song). These can be used as a follow-up in the next assembly, with some classes showing what they have done. Alternatively the big book can be prepared the week before to introduce the topic in the assembly (also has the advantage that the children can learn the words of the song prior to the assembly).
- Have children do research on the effects of laughter therapy.
- Technology challenge: draw/write/make something (eg a picture, rhyme, toy, PowerPoint presentation, card) that will make people smile

Community service/Selfless service/Ceiling on Desires

- Make a small template for a Smile badge and give one to each child to wear. Experiment with the effects of everybody wearing the badge for one week.
- Note that it is important to smile from the HEART, through the EYES – not only with the mouth

- Set children the challenge of finding things they can do for others to bring a smile to their faces. [This could also be incorporated into a visit to a home for the elderly, a children's home etc.]

Recognition and awards to students who have made good use of the value/s

- Awards for children who have special smiles – eg Rachel who always had a smile on her face
- Look for children (and teachers) who are smiling in the playground or classroom and reward them with smiley stickers

Teacher modelling/integration throughout the day

- Ask teachers to wear the “Smile” badge every day for a week and to be aware of modelling the smile
- Put reminders on staff intranet or staff newsletter.

