SMILE

Have you ever noticed that when you smile at someone they often smile back? It's as if it's contagious – it spreads! There are lots of benefits to smiling. Here are just a few:

- It can make you feel happier
- It can boost your mood
- It can help you make more friends
- It can help and make you feel and look more confident
- It can help to reduce stress
- It can boost lots of positive emotions
- It can increase FUN
- It can be understood by everyone because everyone smiles in the same language
- It looks good on you!

So remember, smile! Even if you are wearing a face mask, you can tell by someone's eyes.







Can you think of any other benefits to having a smile on your face?

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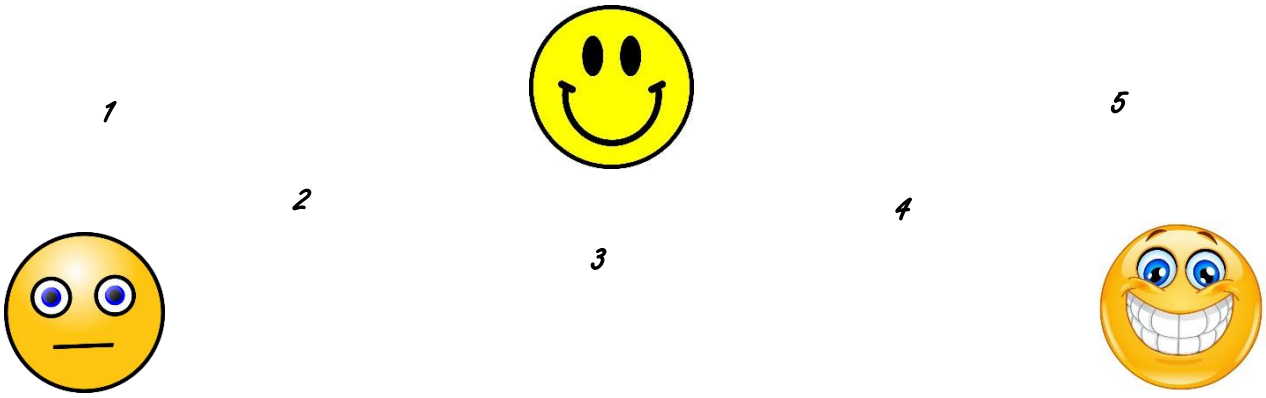
How about setting yourself a challenge – a SMILING challenge.

For one week see if you can smile more than usual. Use a 'Smile Diary' to record your progress.

Fill in this sheet at the start of the week and then again at the end of the week. Is there a difference? Why is there a difference and can you change anything to make it better?

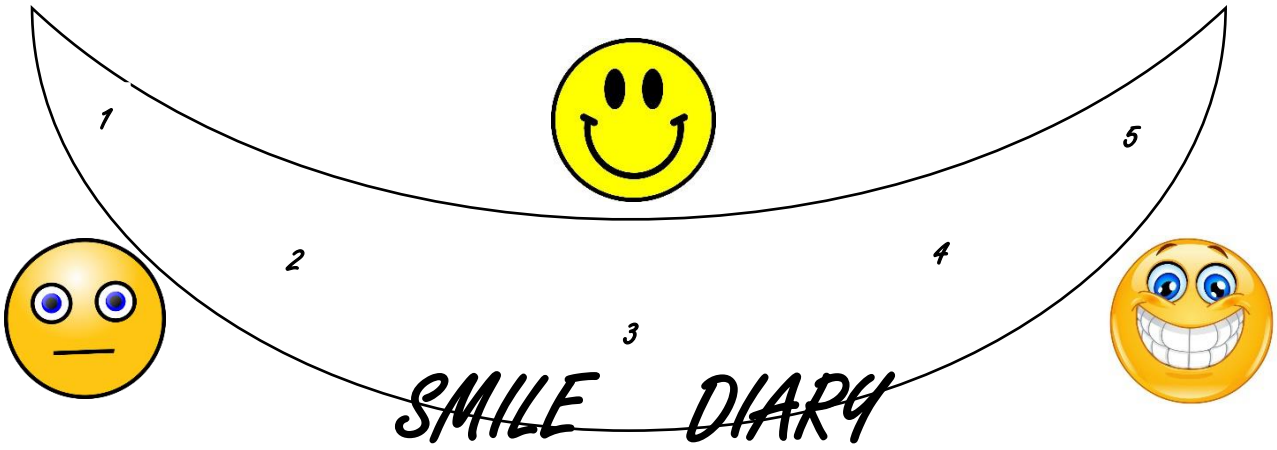
My smile is this big at the beginning of the week

Colour up to the number



My smile is this big at the end of the week

Colour up to the number



SMILE DIARY

Date	Who I smiled at	How did they react	It made me feel

