

# The Power of a Smile

Grade Three & Four



To teach students about the power of non-verbal communication, specifically how a smile can brighten someone's day and make a positive impact.



## Learning Intentions

**I can recognise the impact of non-verbal communication, such as a smile:**

This encourages students to understand the importance of non-verbal cues and how simple actions like smiling can have a big impact on others.

**I can reflect on how my actions, like smiling, can positively affect others:**

This helps students think about how their behaviour influences the people around them, fostering empathy and kindness.

**I can appreciate the emotional power of a smile, both for myself and others:**

This teaches students how a smile can improve their own mood and the mood of others, enhancing their emotional awareness and social skills.



## Success Criteria

**I can recall a time when someone's smile made me feel better:**

This ensures that students actively reflect on how a smile can positively impact their emotions.

**I can describe how I felt when I smiled at someone:**

This helps students understand the reciprocal nature of positive actions like smiling and how it can create a ripple effect.

**I can explain how a smile can change someone's day:**

This encourages empathy by asking students to think about the positive effect their smile might have on others.



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## Objective:

To teach students about the power of non-verbal communication, specifically how a smile can brighten someone's day and make a positive impact.

## Players:

Ideal for individual reflection, small groups, or classrooms.

## Materials:

- Paper
- Crayons, markers, or pens

## Setup:

Provide each student with paper and a writing instrument. Encourage them to think carefully about how a smile affects their mood and others.

## Activity:

### 1. Recall a Time When Someone's Smile Brightened Your Day:

Ask students to write about or draw a time when someone's smile made them feel happy or better. This could be a friend, family member, or even a stranger.

### 2. Reflect on How You Felt When You Smiled at Someone:

After reflecting on a smile someone shared with them, ask students to think about a time when they smiled at someone else. Have them describe how they think the other person felt and how it made them feel in return.

### 3. Think About How a Smile Can Change Someone's Day:

Encourage students to consider how a simple smile can impact someone's mood. Ask them to reflect on how it can brighten someone's day and help create a positive atmosphere.

### 4. Class Smile Challenge:

Set a "Smile" target for the whole class to achieve, aim big, as a whole class aim to smile at 100 people for the rest of the day. If each individual student smiles at 4-5 people each the target will be met easily. Be the class who starts the smiling revolution at your school and watch the ripple effect take place.

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## Reflection Prompt:

- How do you feel when you smile?
- How do you think a smile can change someone's day?
- Why is it important to smile at others?

## Winning the Game:

There is no winner in this activity. The goal is to help students recognise the emotional power of a smile and how they can use it to positively affect those around them.

## Family or Modified Variation:

In a group setting, students can share their experiences of how a smile has impacted their day or others' days. You can create a "Smile Wall" where students add stories or drawings of times they have shared a smile with someone, building a culture of kindness and positivity.

## Additional Notes:

The Power of a Smile helps students understand the power of non-verbal communication and how a small act, like smiling, can have a big impact. This activity promotes emotional awareness, empathy, and the positive effects of kindness. By reflecting on their own experiences and considering how a smile can influence others, students learn the importance of making positive connections through simple, everyday actions.