

# The Power of a Smile – Levels F-3

WRITTEN

To teach students about the power of non-verbal communication by recognising how a simple smile can brighten someone's day, improve moods, and create a ripple effect of kindness.



## Learning Intentions

**Recognise non-verbal communication:**

I can understand how a smile can send a powerful message without words.

**Reflect on positive impact:**

I can think about how my smile can make others feel better.

**Appreciate emotional power:**

I can notice how smiling makes me feel and how it changes the atmosphere around me.



## Success Criteria

I can recall a time when someone's smile made me feel happy.

I can describe how I felt when I smiled at someone else.

I can explain how a smile can brighten someone's day.



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**Duration:** 10–15 minutes

## **Objective**

To teach students about the power of non-verbal communication by recognising how a simple smile can brighten someone's day, improve moods, and create a ripple effect of kindness.

## **Players**

Individual activity with optional partner, small group, or class sharing.

## **Materials**

- Paper or notebooks
- Pencils or coloured pencils
- Optional: a display space for a "Smile Wall"

## **Setup**

- Provide each student with writing or drawing materials.
- Explain that a smile is a powerful way of showing kindness without words.
- Share examples of how smiling can make us feel happy and help others feel supported.

## **Gameplay / Activity Steps**

### **Step 1: Recall a Smile**

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

### **Step 2: Reflect on Your Smile**

- Students think about a time when they smiled at someone else.
- They write or draw how it made the other person feel and how it made them feel too.

### **Step 3: Class Smile Challenge**

- Set a target for the class to smile at 100 people during the day.
- Each student aims to smile at 4–5 people, creating a ripple effect of positivity.

### **Step 4: Share Together**

- Invite students to share their smile stories with a partner, small group, or the class.
- Optionally, create a "Smile Wall" where students add their reflections or drawings.



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## Reflection Prompts

- “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 are no winners. The success is when students recognise the emotional power of a smile, practise smiling at others, and reflect on the positive effect it creates.

## Variations

- **Classroom Edition:** Create a Smile Wall with stories, drawings, or photos of students smiling.
- **Family Edition:** Families share stories of how smiles made their day better, and set a family smile challenge.
- **Community Edition:** Encourage students to smile at teachers, staff, or people in their community and reflect on the experience.

## For Wheelchair Users / Accessibility

- Smiles can be paired with other gestures (thumbs up, wave, nod) for students who prefer or need alternative non-verbal communication.
- Sharing can be written, drawn, or spoken, depending on comfort and ability.
- Ensure Smile Walls or displays are at accessible heights for all students to contribute.

## Notes for Inclusion

- Accept reflections in any form (drawing, writing, speaking, or symbols).
- Provide sentence starters such as “A smile made me feel...” or “I made someone happy when I smiled because...”
- Celebrate every student’s contribution to foster a culture of kindness and positivity.

