

The Power of a Smile – Levels C & D

WRITTEN

To help students understand the power of non-verbal communication, specifically smiling, as a way to brighten someone's day, build positive connections, and strengthen their own emotional well-being.



Learning Intentions

Recognise non-verbal communication:

..... I can notice how smiling shows kindness without using words.

Reflect on positive impact:

I can think about how my smile can make someone else feel better.

Appreciate emotional power:

I can understand how smiling makes me feel happier and more connected to others.



Success Criteria

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

I can show a smile to someone else and describe how it made me feel.

I can explain how smiling can make a difference in someone's day.



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Duration: 10–15 minutes

Objective

To help students understand the power of non-verbal communication, specifically smiling, as a way to brighten someone's day, build positive connections, and strengthen their own emotional well-being.

Players

Individual reflection with optional group or partner sharing.

Materials

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

Setup

- Provide students with paper and drawing or writing tools.
- Explain that a smile is one of the easiest and strongest ways to show kindness.
- Share a short example of how a smile helped you or made you feel good.

Gameplay / Activity Steps

Step 1: Recall a Smile

- Students think of a time when someone's smile made them feel happy.
- They draw a picture or write a few words to describe that moment.

Step 2: Share Your Smile

- Students practise smiling at a partner, friend, or the class.
- They reflect on how they felt when they shared their smile and how the other person reacted.

Step 3: Smile Challenge

- As a group, set a challenge: "Let's see if our class can smile at 50 people today!"
- Each student smiles at 3–4 people throughout the day to reach the target.

Step 4: Share Together

- Create a **Smile Wall** where students add their drawings, notes, or reflections about smiling.
- Encourage students to celebrate how smiles spread kindness.



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Reflection Prompts

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

Winning the Game

There are no winners. The success is when students practise smiling, reflect on how it made them and others feel, and recognise the ripple effect of kindness.

Variations

- **Classroom Edition:** Create a Smile Wall with stories or drawings of how students shared smiles.
- **Family Edition:** Encourage students to smile at family members and share the effect it had at home.
- **Community Edition:** Challenge students to share their smiles with teachers, staff, or neighbours to brighten their day.

For Wheelchair Users / Accessibility

- Students may pair a smile with other gestures (e.g., a wave, thumbs up, or nod) if that feels easier.
- Reflections can be written, drawn, or spoken.
- Ensure Smile Wall displays are at an accessible height so everyone can contribute.

Notes for Inclusion

- Accept reflections in different forms (drawings, symbols, words, or spoken sharing).
- Provide sentence starters such as "A smile made me feel..." or "I smiled at someone when..."
- Encourage respectful listening and celebrate all contributions to foster a positive, inclusive classroom culture.

