

# 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.

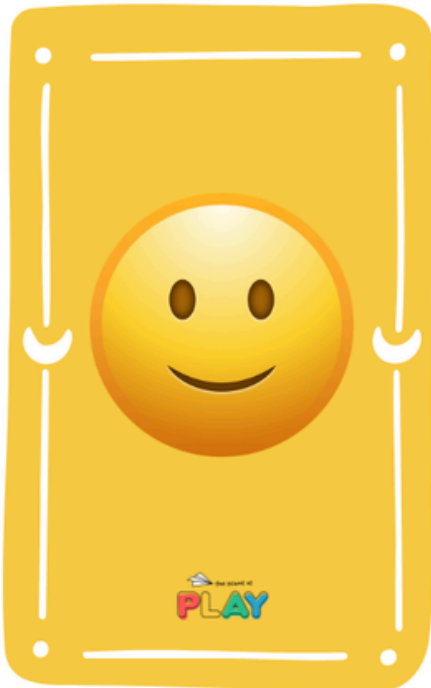
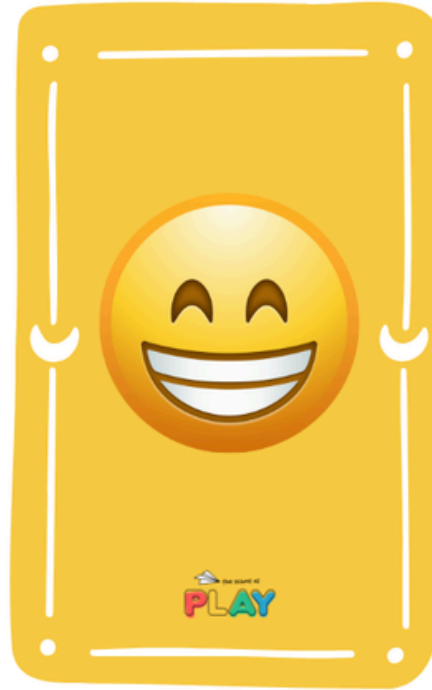
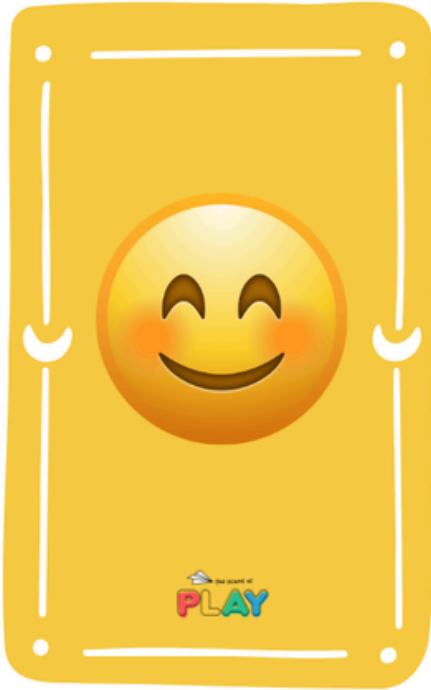
## Notes for Inclusion

- 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.

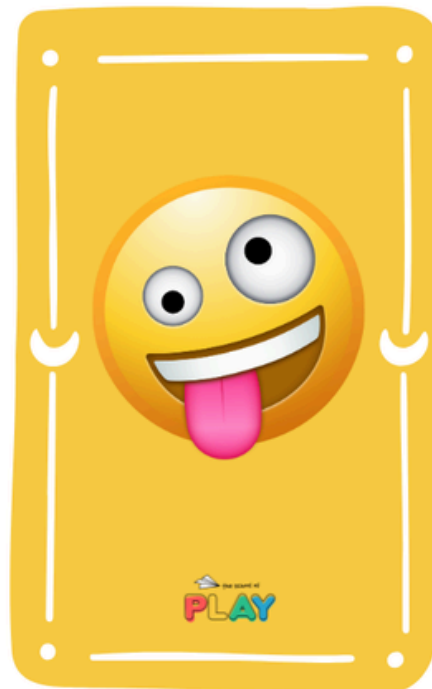
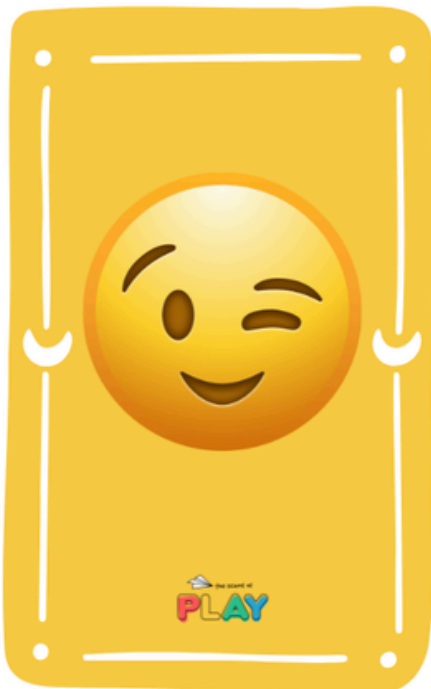
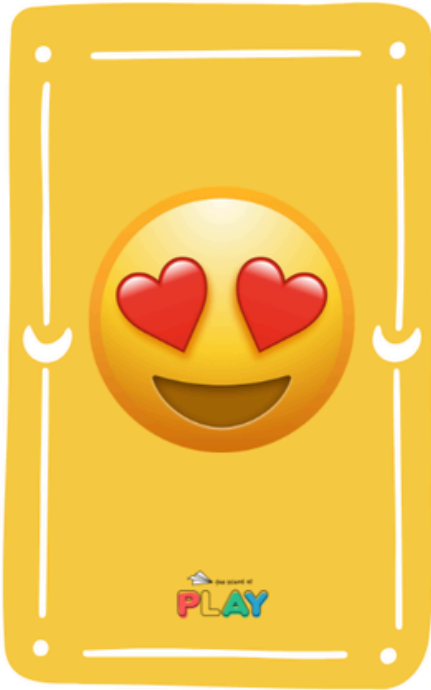


# SMILING EMOJI CARDS

PRINT AND CUT OUT THE CARDS. A STUDENT PICKS A CARD, IDENTIFIES WHETHER IT'S SMILING OR NOT, AND COPIES THE EXPRESSION. ROTATE THROUGH MULTIPLE EMOJI SMILES AND ENCOURAGE STUDENTS TO SHARE THAT SMILE WITH A PARTNER OR ADULT. CELEBRATE EVERY ATTEMPT.



# SMILING EMOJI CARDS



# EMOJI CARDS

