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SMILING

Smiling has lots of benefits:

- It can make you feel happier
- It can boost your mood
- It can help you make more friends
- It can make you feel and look more confident
- It can spread, as in, if you smile at someone they will often smile back
- It can help to reduce stress
- It can boost all the positive emotions
- It can increase FUN
- It can be understood by everyone because everyone smiles in the same language
- It looks good on you!



SMILING

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

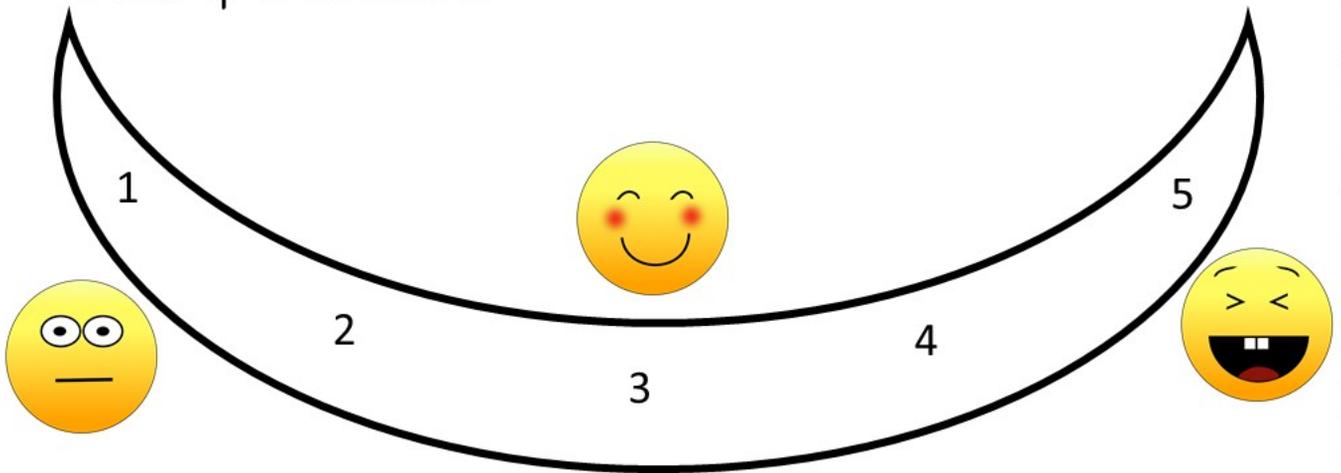


SMILING CHALLENGE

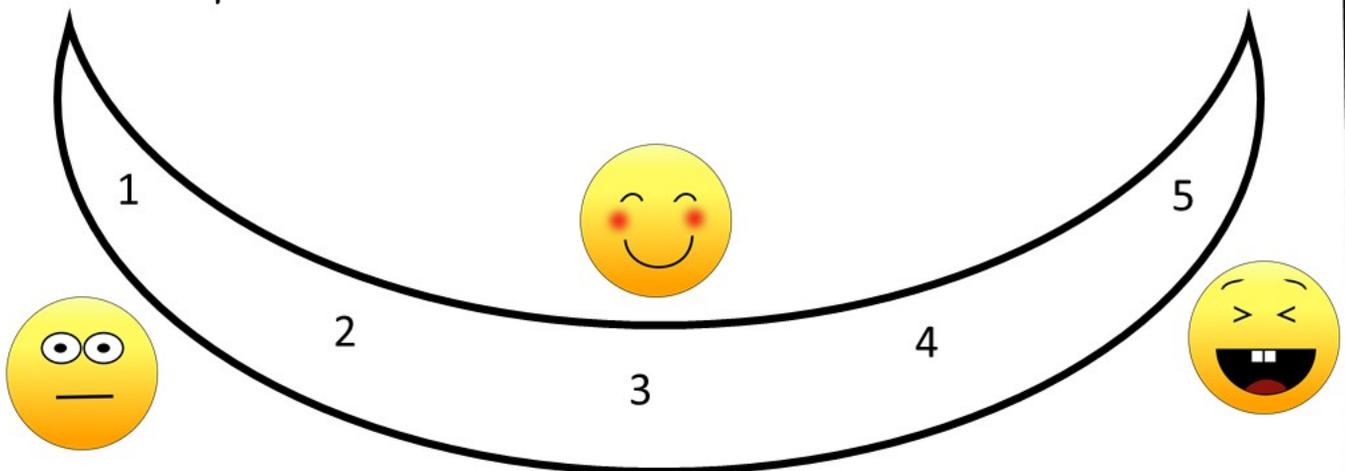
For one week see if you can smile MORE than usual. Use the 'Smile Diary' to record your progress.

Fill in this sheet at the start of the week and then fill it in at the end of the week. Is there a difference?

My smile is this big at the beginning of the week
Colour up to the number

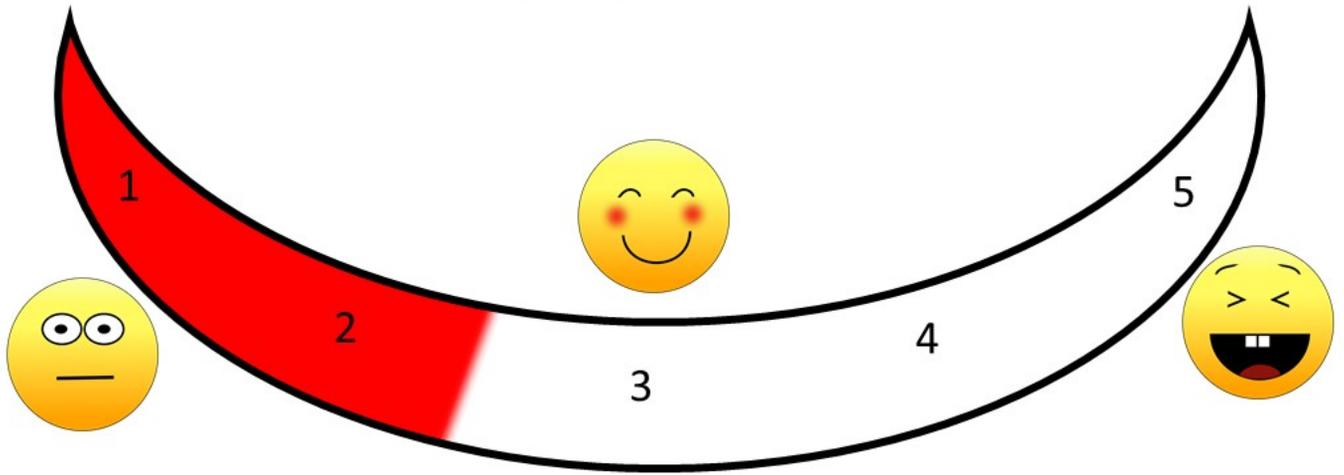


My smile is this big at the end of the week
Colour up to the number



HOW TO COLOUR IN THE SMILES

Beginning of the week



End of the week

