



# Smile at 25 people.

Art by Jenna, age 10, Pennsylvania, USA



## Get Inspired

### Quote

"A simple smile. That's the start of opening your heart and being compassionate to others."

*Dalai Lama*

### Fact

Smiling is contagious.



## Shake It Up

Do 10 Jumping Jacks and smile the whole time.

"I am happy!"



## Talk It Out

1. How do you feel when you smile at someone?
2. How do you feel when someone smiles at you?
3. What does a smile mean?



## Do It!

1. Give your classmates a virtual smile.
2. Bring your smile close to the camera for a happy class photo.
3. Continue the joy after class and smile at 25 more people.

# Smile at 25 people.

## SEL Competencies

### Self-Awareness

Identifying Emotions

### Self-Management

Impulse Control

### Relationship Skills

Communication

Social Engagement

Teamwork

## Timeframe

15 - 30 min

## Materials Required

None



## Get Inspired

### Quote

Invite a student to read the quote.

### Fact

Smiling is contagious.

[Source:](#) Psychology Today



## Shake It Up

**Get your students moving. Invite them to do the following activity:**

Do 10 jumping jacks and smile the whole time. When finished say, "I am happy!"



## Talk It Out

**Encourage your students to reflect on the provided questions.**

1. How do you feel when you smile at someone?
2. How do you feel when someone smiles at you?
3. What does a smile mean?



## Do It! (as a class)

1. Encourage students to smile at each other as a warm-up exercise for the class photo.
2. Invite students to move as close to the camera as possible. Prompt them to smile BIG on the count of 3. "1, 2, 3...SMILE!" Capture/take a photo of your screen.
3. Share the photo with students and their families to inspire more smiles.
4. Encourage students to continue the joy after class and smile at 25 more people!