



## Spreader Of Smiles Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ Space for the activity
- ▶ Instruction for the activity

#### L.O:

- ▶ To know how I can spread happiness and positivity to other people.
- ▶ To understand the importance spreading happiness and positivity.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – Together share the different ways in which we can share positivity with other people.

#### MAIN TEACHING (10mins)

Tell the children that sharing a smile or holding the door open for someone can be all we need to do to spread a bit of happiness in the world. Tell them that we never know what someone else is going through, and giving someone a simple smile might brighten their day more than we could ever know.

Ask for volunteers to share stories of when they or someone they know has spread happiness and positivity in their own way.

Expressing ourselves is also an important thing to do, however we are feeling it is good to share. But when we are happy and we share it with others, that happiness may spread. Now ask for suggestions on how we could spread happiness.

This could be such things as sharing some good news, buying someone a gift, sharing a treat, a funny joke, meme or video.

#### MAIN TASK - Spreader Of Smiles (15mins)

Tell the children that we will be playing a game called

*'No laughing no smiling no showing your teeth'*, but that it doesn't mean we are not meant to do those things.

- ▶ Pick one child who will be the Spreader of Smiles. They must stand at the edge of the room with their back to the group and turn around randomly throughout.
- ▶ The other children must take four steps towards the front of the class at a time saying "*no laughing no smiling no showing your teeth*".
- ▶ When the Spreader of Smiles turns around the other children must freeze and keep a straight or grumpy looking face.
- ▶ The Spreader of Smiles must try to make the other children laugh or smile. Anyone who does then joins them as a Spreader of Smiles.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Have the children discuss how they are going to spread positivity and happiness for the rest of the day.

#### DID YOU KNOW!

When a T-Rex smiled it showed off 60 serrated teeth, each about eight inches long. Find out about more dinosaurs in the Scale Lessons.



## Spreader Of Smiles Worksheet

### CHILDREN'S SHEET

Spreading smiles and happiness is a really important thing to do. We never know what troubles someone else is going through and a simple smile could really brighten their day. So lets spread some smiles.

- ▶ Pick someone who will be the Spreader of Smiles. They must stand at the edge of the room with their back to the group and turn around randomly throughout.
- ▶ The other players must take four steps towards the front of the class at a time saying, “no laughing no smiling no showing your teeth”.
- ▶ When the Spreader of Smiles turns around, the other players must freeze and keep a straight or grumpy looking face.
- ▶ The Spreader of Smiles must try to make the others laugh or smile. If they do you must then join them as a Spreader of Smiles.