

The science of happiness ⑥

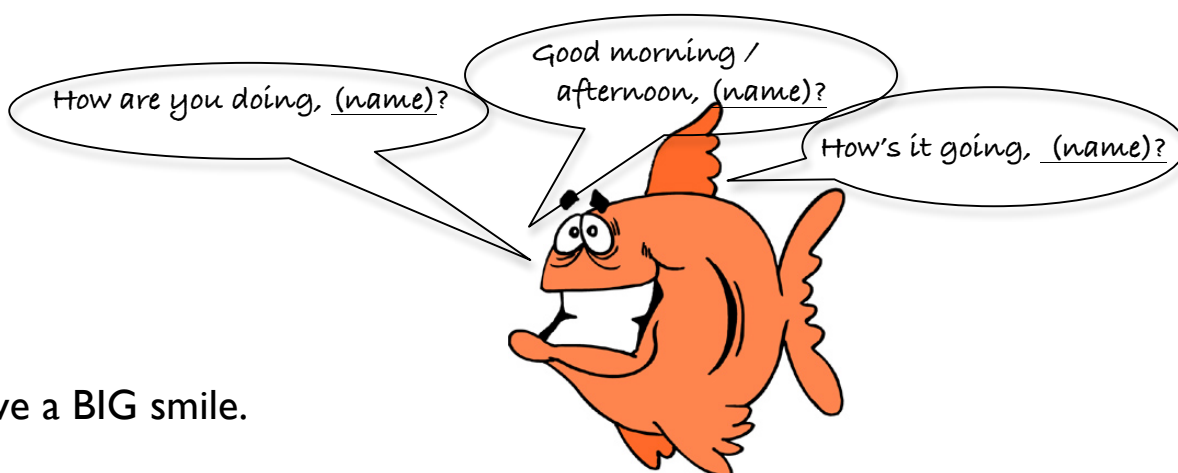
# Smile!

Smiling is good for your health.

And happy people are usually healthy.

If you smile at people, they will usually smile back.

- 1 Stand up. Walk around the room. Greet people.  
Try to learn their names, too.



Give a **BIG** smile.

- 2 When someone greets you,  
answer with feeling:

*I'm great!  
Wonderful!  
Super!  
Excellent!  
Fantastic!*

Give a **BIG** smile back.



*Idea: If you smile, most people smile back.  
Try it with 10 people today. How many smile back?*

Language focus: Greetings  
Positive psychology focus: Smiling is part of taking care of your health/body

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