

LITTLE LESSON 2: SMILING

Smiling Is Infectious

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.
I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.
I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.
So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!

By Spike Milligan

ACTIVITIES

- 1. Read the poem together (or you could ask your child to learn and perform it for you if you're feeling bold) and ask:**
 - a) What do you think of the poem?
 - b) What does the poet mean by 'smiling is infectious'?
- 2. Watch the Smiling video, then ask your child to answer the following questions.**
 - a) What happens in your body when you smile?
 - b) Can you name the 'happy hormones' that get released?
 - c) What is the name of the neuron that gets 'woken up' in other people when we smile?
 - d) What is your favourite form of kindness?