

PUT ON A SMILE

By Mark and Helen Johnson

CHALLENGE

Today's challenge is for everyone to **make a photo-booth-style/giant smiling mouth prop** and use it to maximum effect.

Using the full width of a piece of A5 paper, draw a giant smiling mouth. Use magazines or pictures/cartoons online to explore all the different types of smiling mouths you could create. (Apparently, there are 19 different types of smiles!) You could do a closed-mouth smile, or a big toothy grin, a wide-open laughing mouth, or even a monster smile. Choose one you like the look of. Once you've drawn your smile, colour, paint or decorate it. Stick it on to some card and cut it out. Finish your smile by attaching a stick or a pencil to one side at the back, to hold.

Take a family photo once everyone has 'put on a smile'. Swap the smiles around between you and try different compositions – all in a row, shortest to tallest behind each other, peering around a door etc.

TALK ABOUT

How might you be able to put **maximum 'smileage'** into the day together – and how can you share that as widely as possible?

SHARE IT

Who do you know that might benefit from your smiling face just now? (Friends, grandparents, neighbours.) Send them a photo (or three) of your super-sized smiling family portrait, or take some pictures of yourself with your smiling prop to send them. You could even print one out and pop it in the post for somebody to enjoy opening. 😊

DID YOU KNOW?

You can trick yourself into being in a better mood simply by smiling! The smiling muscles in your face send a message to your brain telling it that you're happy. Give it a go! It's very hard to feel down when you 'put on a smile'!

**“LET US ALWAYS
MEET EACH OTHER
WITH A SMILE, FOR
THE SMILE IS THE
BEGINNING OF LOVE.”**
Mother Teresa

Song taken from
*Songs For EVERY
Happy, Healthy School*
By Mark and Helen Johnson

