

Smile More

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students take a brief moment to relax and reflect on things that make them happy or help them relax.

Why Do It?

Practicing meditation techniques can help to relieve stress and help you take a moment to reconnect to and enjoy life.

How Do We Do It?

Students sit in a comfortable position, or lie on the floor if possible and they feel comfortable doing so.

Encourage students to imagine things that make them smile (e.g., petting a dog, watching a child play, looking at art, or breathing in the morning air works). Encourage students to visualize whatever moves them to feel joyful.

As students visualise things that make them feel joyful, encourage them to intentionally make their face into a smile. This increases a sense of well-being.

Have everyone practice this by putting a big smile on their face and holding it for a full minute.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Have students take another class through a guided relaxation.

Have students cut out photos from magazines and each student contributes one photo to a group Happy Board.

Have students create a physical or online board of images that make them feel happy.

Adapted from: Alberta Education. Mental Health Matters. Retrieved from

<https://education.alberta.ca/mental-health/information-and-resources/everyone/mental-health-supports/>