

Assembly 15th June – A Smile

Good morning! I hope this virtual assembly finds you all well.

Please remember my assembly and discussion points within this assembly are designed for children from age 5 -11 so not all will be ideal for your children.

We start assembly with the greeting good morning, we say it and sign it. In addition to signing good morning we also try to sign the initials of the name of the person leading the assembly.

This week my theme is **'Smiles'**. I always begin my assembly with some music. This week I have selected the following:

<https://www.youtube.com/watch?v=IKj6DQF7xY>

Please watch with caution as it is on YouTube and may contain adverts at the beginning.



Smiling

During this strange time where we still can't have the type of contact we would like with the ones we care about, sharing how we feel is more important than ever. However, finding the right words or the right time can sometimes be tricky. My advice would be to share a smile. For a small, simple gesture smiling is really powerful.

Smiles have been described as having the power to lighten up the room. While it is certainly a lovely sentiment, it carries a hint of truth. Smiling not only has the power to elevate your own mood, but it can also change the moods of others and make things happier. The part of your brain that is responsible for your controlling the facial expression of smiling is an unconscious automatic response area. Meaning that smiling can be completely unconscious, particularly when it comes to our habit of mimicking another person's smile. Yes, it is scientifically proven that smiles are "contagious!"

Smiling can also boost your overall health. The act of smiling actually helps the human immune system to function more effectively. It is thought that when you smile, immune function improves because you are more relaxed (thanks to the release of certain neurotransmitters).

Studies have shown that smiling releases endorphins, natural painkillers, and serotonin. Together these three neurotransmitters make us feel good from head to toe. Not only do these natural chemicals elevate your mood, but they also relax your body and reduce physical pain.

There are hundreds of languages around the world, but a smile speaks them all. In other words even if we can't speak someone's language, we can still let them know we care by 'speaking' to them with a smile.

If you would like to carrying on thinking about today's theme you could try:

- Try to design some artwork based on communicating through a smile.
- With **permission of a grown up**, take some photographs of yourself and send to other people such as family members you haven't seen in a while.
- Design a positive smiling poster (like in the music video above) and display in a window

Thank you for taking the time to share my assembly. Enjoy sharing those smiles!

Take care and stay safe,

Mrs Young