



**What Am I Feeling? (🌈 An Emotional Health Story)
(Kindergarten – 5-6 yrs.)
Craft: Randomly Making People Smile**



STORY CONNECTION-SLIDE 15 (Approx Time: 25-30 mins)

There is a reason putting a smile on your face, even when you are not feeling happy, is a good thing to do. Plus, when you are feeling sad or angry, putting on your happy glasses will make your brain healthy. Scientists have found that when you are feeling bad, putting a smile on your face makes your brain feel better. If you are feeling angry or sad, it is good to know that and then to try and change the way you are feeling. It is much better to try and be happy – because this makes the world seem like a better place. Trying to be happy also helps you to do things that you might not be able to do if you were sad or angry.

Materials needed:

- Chart paper/whiteboard
- Equipment to show online video (optional)
- Blank Paper (color/white)
- Crayons, markers, colored pencils
- Scissors
- Glue
- Stickers
- Stencils
- Glitter
- Any other card-making craft supplies you have on hand

Preparation needed:

- *OPTIONAL: A list of phrases or words student(s) could copy and use in their card*

Instructions:

1. This activity focuses on smiling and making other people smile. You can mention that there is World Smile Day, and according to its official website, World Smile Day is celebrated on the first Friday in October to commemorate Harvey Ball, a commercial artist who created the first smiley face in 1963. The image, "went on to become the most recognizable symbol of goodwill and good cheer on the planet." Ball decided that everyone "should devote one day each year to smiles and kind acts throughout the world."
2. Another interesting tidbit of information is that the face has 44 muscles in it that allow you to make more than 5,000 different types of expressions, many of which are smiles. And when you are happy, your body pumps out all kinds of feel-good endorphins. This reaction has been studied since the 1980s and has been proven a number of times. An article on Smithsonian.com showed that smiling, even forced, causes our bodies to produce physiological changes that reflect the emotion, such as changes in heart and breathing rate. <https://www.quickanddirtytips.com/health-fitness/mental-health/self-care/15-ways-to-celebrate-national-smile-week>

3. [Here](#) (3:31) is a fun and optional video of Kid President that is sure to make anyone smile.
4. In this activity, student(s) will focus on random acts of kindness by making cards for people in their lives. These people can be in their home, school, church, neighborhood, or anywhere else they see people they appreciate.
5. Ask student(s) the following questions. Have a few student(s) share responses.
 - What is a card? It is folded paper with pictures and words.
 - What kind of cards are there? Birthday cards! Christmas cards! New Baby cards!
 - Why do you give or receive a card? For a special day or reason. Just because
6. Talk about how a random act of kindness means you do something “just because” it is a nice thing to do to make someone happy. It does not need to be someone’s birthday, or they do not need to do something nice for you in return. You do something just for the sake of being nice and want to make someone else happy, which will make them smile. So today, they will be making a “just because” card to make someone smile!
7. Ask student(s) who they might want to make a “just because” card for. Add their responses to a list for everyone to see. Answers will vary but will probably include family members, teachers, coaches, babysitters, friends, neighbors, delivery people, community workers, etc.
8. Have student(s) make cards for the people on the list they want to make smile. Student(s) can make multiple cards.
9. Have student(s) put cards somewhere safe so they will be able to deliver their card to the recipient.
10. In closing, remind student(s) that we can often make ourselves and others feel better just by smiling. It is such a small thing to do, but the results can be tremendous!