



Golden Gate Kids October Newsletter

11 Surprising Reasons You Should Smile Every Day

"Great power lies in a random smile, so long as you choose to share it with the world." Alena Hall

This month students are going to begin learning about Pledge #1...

I will smile at others.

It can be hard to smile when you aren't feeling very happy. But when we *choose* to smile, you start to *feel* happier internally and externally. Here are 11 reasons you should smile every day, even if you don't feel like it!

1. Smiling can improve your mood.
2. Even fake smiles do the trick.
3. Smiling helps reduce stress.
4. Smiling makes you more approachable.
5. A smile makes you seem more trustworthy.
6. Smiling actually retrains your brain for the better.
7. Smiles are contagious.
8. Smiles may strengthen the body on a cellular level
9. Smiling boosts your productivity.
10. Smiling makes you more creative.
11. Smiles are FREE!

PARENT/GUARDIAN CHALLENGE:

This month, we challenge each of you to participate in a 1 minute smile challenge with your family. While sitting around the dinner table, set a timer for 1 minute.

During this time, everyone should smile at each other. Show off those pearly whites! After the minute is complete, talk about how it made everyone feel and what they noticed.

