

# Wellbeing Projects.

## Activity 4-Smiling and laughing.



Year One and Two.

**Hello again!**

**This afternoon we are going to think about smiling and laughing.**

**Did you know that if you smile/laugh:**

**You feel better.**

**You look better.**

**You can make someone else feel happier.**

**You can pass the smile/laugh onto someone else.**



**Have a go smile at someone in the room and see if they smile back at you. It really works doesn't it? Laughing is contagious too...have you ever heard a baby giggle and started giggling as well?**

**Have a look at this video of a little boy in his music class:**

<https://www.youtube.com/watch?v=UctRZ91m9XA>

**How did the clip make you feel?**

**Why do you think the little boy was laughing?**

**What happened to the other people in the classroom?**

**How do you feel when you have been laughing?**

**What makes you smile/laugh?**



**On the next slides I have added a laughing activity for you to try with a grownup and some worksheets for you to complete. You can do the worksheet at home if you run out of time at school.**

**Have fun!**

**Have a go at Laughter Meditation. (Grownups I'm handing over to you here...good luck!**

Remember, you know your children best, so tweak the steps and the script so that laughing meditation works best for your children. This exercise can be done inside or out.

### **STEPS FOR LAUGHTER MEDITATION**

Laughter is like exercise, so start with a warmup. Stand tall with your feet slightly apart. Reach up to the sky and feel a nice tall stretch. You can do some gentle twists and/or a forward fold. Do whatever feels good. Once you feel a bit loose, have a seat on the floor at your desk.

Next, warm up your face and mouth. Gently massage your forehead, move down to your cheeks, and then your jaw. Open your mouth a few times to relax the muscles and loosen it up.

When you feel like you are warmed up, get comfortable and relaxed. Start to smile. Have a leader say ha, ha, ha and have your children repeat. Then say it again and have your children repeat until they start laughing on their own. It will probably feel forced at first and that's fine. Just keep going until everyone is laughing naturally, it won't take long. Let them laugh for a bit.

Then, quieten them down and ask the children to take a deep breath. Then, ask them to notice what they feel in their body, what thoughts have popped into their mind, and if they are feeling any emotions.

Finally, I think it would be good to finish the afternoon with a song...If You're Happy And You Know it. Join in with the clip and learn some new languages or sing it together and make up the verses.

[https://www.youtube.com/watch?v=71hqRT9U0wg&list=RD71hqRT9U0wg&start\\_radio=1](https://www.youtube.com/watch?v=71hqRT9U0wg&list=RD71hqRT9U0wg&start_radio=1)

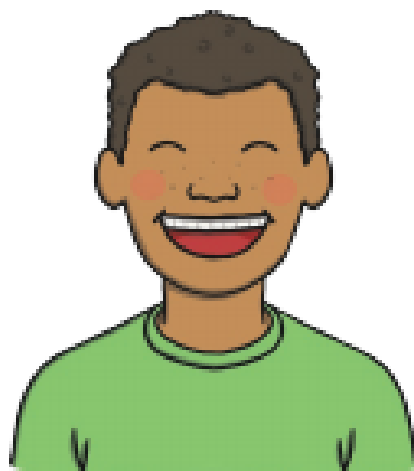
I hope that you have had a lovely time and that everyone has laughed or smiled this afternoon.

Take care.

Love Mrs Neale



What does it feel like when **you** smile?



'happy'

A large, empty rectangular box with rounded corners and a purple border, intended for writing an answer to the question above.

How do you think other people feel when you make them smile?



'cared for'

A large, empty rounded rectangular box with a purple border, intended for writing an answer to the question above.