

# Smile time in your classroom

Science has shown that the 'act of smiling' can lift your mood, make you happy, lower stress and boost your immune system.

**MAKE YOUR CLASSROOM  
A SMILE ZONE AND  
A HAPPY PLACE and  
USE THESE ACTIVITIES  
TO BRING POSITIVITY  
TO YOUR STUDENTS**



 **Think Positive Worksheet**

 **Think Positive Worksheet (bianco/nero)**

 **Emoticons Flashcards Inglese/Italiano**

 **Bingo delle emozioni**

 **Bingo delle emozioni (con le parole da completare)**

 **Idee e istruzioni**

**Let your smile shine!**

