

## **Greet with a Smile**

This positive activity can be used in almost any situation and can promote anti-bullying week (14-18 November 2016) Theme - The Power for Good  
The activity will support work in PSHE/PSE, Thrive, SEAL, Healthy Schools (Emotional/mental health and wellbeing) and other areas.

### **Introduction**

The way in which we greet people has a big effect on how they feel. A smile makes people feel welcome and often has the effect of making them smile too. It can give a good start to the interaction.

Here is an activity that is fun. You can use a greeting (handshake) in any language to suit the user or to practise another language. The smile extension uses the power of touch to promote friendship and wellbeing.

**Note to the leader** – Demonstrate the greeting to the children with an adult partner. If a child's partner says 'no thank you' to drawing on the back, that's fine, the pair can watch other people or do the actions in the air.

### **Instructions to the children**

Today we are going to use a fun way of greeting each other (a friend/classmate/colleague).

This is what we are going to do. First find a partner (or be given a partner).

Shake hands and say 'hello', 'good morning' etc. to your partner. Then take turns.

1. Ask, 'Please can I draw on your back?' If your partner gives permission:
2. Make a face shape on the back by drawing big circle, slowly, three times, using the palm of your hand. It should feel smooth and relaxing.
3. Make two 'eyes' by pressing the palm of your hand, slowly and firmly on the back where eyes would be.
4. Make a big 'smile' by using the palm of your hand, slowly, three times to make a curved 'smile' shape, keeping your palm in contact with the back.
5. Say 'thank you' to your partner and give a smile!

Your partner does the same activity for you . . . . .

### **How do you feel?**

Activity created by Anne Crease (Trainer)  
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