



# SMILE POWER DAY

**June 15th**

Use your  
-super power-

Smiling is the most *powerful* tool that you have.

**SMILE AT ANYONE AND EVERYONE**

Use the smiley face emoji



Preform random acts of kindness!

## **-Fun Facts-**

1. The first thing a baby learns to do is to smile.
2. Humans can smile in 20 different ways.
3. Smiling uses as many as 53 different muscles on the face.
4. An average woman goes on to smile over 60 times per day while an average man smiles less than 10 times a day.

### Smiling helps in so many ways:

- >> Smiling is contagious and can make everyone else instantly perk up.
- >> When someone smiles at us it builds self-confidence, self-esteem and helps us feel better about ourselves.
- >> Reduces stress levels, lowers blood pressure, boost Immune system, good for the heart and a natural mood booster!
- >> It's scientifically proven, people who smile live longer.