

## MAKE YOURSELF SMILE PROP

Sometimes we feel upset and we don't quite know what to do to make ourselves feel better. Did you know that smiling, even when we don't feel like it, can boost our mood? Making yourself smile is a simple thing we can all do to encourage our brain to feel more positive emotions. So next time you're feeling upset, why not try smiling? Cut out one of the smiles below, or make your own, and glue it to a lollypop stick or a pencil. Wear your smile prop to boost your mood and the mood of people around you.

