



### The power of smiling

#### Warm-up

How many times a day do you think you smile? How does smiling make you feel?

Ex.1 Match the words to their definitions.

1. intergalactic a. able to do something well
2. well-being b. a thousand
3. competent c. between galaxies
4. uniform d. causing similar behavior in others
5. a grand e. the same
6. impair f. the state of being healthy and happy
7. contagious g. to experience something as a result of your actions
8. incur h. to make something weaker so it is less effective

*Video (оно скачано)*

Ex.2. You're going to watch a health expert talk about the benefits of smiling. Before you watch, choose the best answer for each of the statements below, then watch the video to confirm or correct your answers.

1. The size of young people's smiles could help researchers predict the quality of their future:  
a. diet b. marriage c. career
2. The span of a person's smile is connected to:  
a. how rich they will be  
b. how many children they will have

c. how long they will live

3. A third of us smile more than:

a. 20 times per day b. 30 times per day c. 40 times per day

4. Children can smile as many as:

a. 300 times per day b. 400 times per day c. 500 times per day

Before you listen to the second part of the talk, do the same as in the previous activity and choose the

correct answers for each of the statements below.

1. One smile can generate the same level of brain stimulation as:

a. a good date

b. watching your favorite TV show

c. 2,000 bars of chocolate

2. Smiling gives us an equivalent feeling to receiving:

a. \$25,000 b. \$50,000 c. \$100,000

3. Smiling makes you seem:

a. capable of doing your job

b. satisfied with your job

c. content with your job

Ex. 3 Match the underlined word or phrases in the transcript to their meanings below.

1. polite and respectful :

2. to make a connection (with something) that will give you an advantage :

3. discovered something by accident :

4. examinations done under the same conditions :

5. sudden strong increases of energy:

6. improving:

7. believed that something was a result of a particular action:

Ex.4 Discuss any of the questions below in pairs or in small groups.

1. What makes you smile?

2. Do you feel annoyed if someone tells you to smile? Why/why not?

3. Do you agree that smiling is one of the best ways to make yourself feel happy? Why/why not?

4. Do you agree with the speaker that smiling is similar to the brain stimulation created by 2,000 bars of chocolate? Why/why not?