



THE POWER OF SMILING



Scan to review worksheet

Expemo code:

16KI-83RB-V8IG



1

Warm-up

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

2

Vocabulary development

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 |





3

Before you watch

You're going to watch a health expert talk about the benefits of smiling. First, 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. like you find your job easy

4

Find the words

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: _____



5

Verbs from the talk

Find the synonyms in the transcript for each of the verbs below.

1. begin (P0:12) _____
2. produce (P0:12) _____
3. decide (P3:59) _____
4. imitate (P3:59) _____
5. cause (P4:23) _____
6. restrain (P4:55) _____

6

Talking Point

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?



Transcripts

4. Before you watch

- 0:12** When I was a child, I always wanted to be a superhero. I wanted to save the world and make everyone happy, but I knew that I'd need superpowers to make my dreams come true. So, I used to embark on these imaginary journeys to find intergalactic objects from planet Krypton, which was a lot of fun, but didn't yield much result. When I grew up and realized that science fiction was not a good source for superpowers, I decided instead to embark on a journey of real science, to find a more useful truth.
- 0:42** I started my journey in California, with a UC Berkeley 30-year longitudinal study that examined the photos of students in an old yearbook, and tried to measure their success and well-being throughout their life. By measuring the students' smiles, researchers were able to predict how fulfilling and long-lasting a subject's marriage would be,
- 1:04** (laughter)
- 1:05** how well she would score on standardized tests of well-being, and how inspiring she would be to others. In another yearbook, I stumbled upon Barry Obama's picture. When I first saw his picture, I thought that his superpowers came from his super collar.
- 1:21** (laughter)
- 1:22** But now I know it was all in his smile.
- 1:25** Another aha! moment came from a 2010 Wayne State University research project that looked into pre-1950s baseball cards of Major League players. The researchers found that the span of a player's smile could actually predict the span of his life. Players who didn't smile in their pictures lived an average of only 72.9 years, where players with beaming smiles lived an average of almost 80 years.
- 1:52** (laughter)
- 1:55** The good news is that we're actually born smiling. Using 3D ultrasound technology, we can now see that developing babies appear to smile, even in the womb. When they're born, babies continue to smile – initially, mostly in their sleep. And even blind babies smile to the sound of the human voice. Smiling is one of the most basic, biologically uniform expressions of all humans.
- 2:21** In studies conducted in Papua New Guinea, Paul Ekman, the world's most renowned researcher on facial expressions, found that even members of the Fore tribe, who were completely disconnected from Western culture, and also known for their unusual cannibalism rituals,
- 2:37** (laughter)
- 2:38** attributed smiles to descriptions of situations the same way you and I would. So from Papua New Guinea to Hollywood all the way to modern art in Beijing, we smile often, and use smiles to express joy and satisfaction.



- 2:57** How many people here in this room smile more than 20 times per day? Raise your hand if you do. Oh, wow. Outside of this room, more than a third of us smile more than 20 times per day, whereas less than 14 percent of us smile less than five. In fact, those with the most amazing superpowers are actually children, who smile as many as 400 times per day.
- 3:23** Have you ever wondered why being around children, who smile so frequently, makes you smile very often? A recent study at Uppsala University in Sweden found that it's very difficult to frown when looking at someone who smiles. You ask why? Because smiling is evolutionarily contagious, and it suppresses the control we usually have on our facial muscles. Mimicking a smile and experiencing it physically helps us understand whether our smile is fake or real, so we can understand the emotional state of the smiler.
- 3:59** In a recent mimicking study at the University of Clermont-Ferrand in France, subjects were asked to determine whether a smile was real or fake while holding a pencil in their mouth to repress smiling muscles. Without the pencil, subjects were excellent judges, but with the pencil in their mouth – when they could not mimic the smile they saw – their judgment was impaired.
- 4:22** (laughter)
- 4:23** In addition to theorizing on evolution in "The Origin of Species," Charles Darwin also wrote the facial feedback response theory. His theory states that the act of smiling itself actually makes us feel better, rather than smiling being merely a result of feeling good. In his study, Darwin actually cited a French neurologist, Guillaume Duchenne, who sent electric jolts to facial muscles to induce and stimulate smiles. Please, don't try this at home.
- 4:53** (laughter)
- 4:55** In a related German study, researchers used fMRI imaging to measure brain activity before and after injecting Botox to suppress smiling muscles. The finding supported Darwin's theory, by showing that facial feedback modifies the neural processing of emotional content in the brain, in a way that helps us feel better when we smile. Smiling stimulates our brain reward mechanism in a way that even chocolate – a well-regarded pleasure inducer – cannot match.
- 5:27** British researchers found that one smile can generate the same level of brain stimulation as up to 2,000 bars of chocolate.
- 5:36** (laughter)
- 5:39** Wait – The same study found that smiling is as stimulating as receiving up to 16,000 pounds sterling in cash.
- 5:48** (laughter)
- 5:49** That's like 25 grand a smile. It's not bad. And think about it this way: 25,000 times 400 – quite a few kids out there feel like Mark Zuckerberg every day.
- 6:00** (laughter)
- 6:02** And unlike lots of chocolate, lots of smiling can actually make you healthier. Smiling can help reduce the level of stress-enhancing hormones like cortisol, adrenaline and dopamine, increase the level of mood-enhancing hormones like endorphins, and reduce overall blood pressure.



- 6:20** And if that's not enough, smiling can actually make you look good in the eyes of others. A recent study at Penn State University found that when you smile, you don't only appear to be more likable and courteous, but you actually appear to be more competent.
- 6:37** So whenever you want to look great and competent, reduce your stress or improve your marriage, or feel as if you just had a whole stack of high-quality chocolate without incurring the caloric cost, or as if you found 25 grand in a pocket of an old jacket you hadn't worn for ages, or whenever you want to tap into a superpower that will help you and everyone around you live a longer, healthier, happier life, smile.
- 7:06** (applause)



Key

1. Warm-up

Encourage a short discussion.

2. Vocabulary development

Students can work alone and check answers in pairs.

1. c 2. f 3. a 4. e 5. b 6. h 7. d 8. g

3. Before you watch

Watch the talk until 4:22.

1. b 2. c 3. a 4. b

Play the talk from 4:23

1. c 2. a 3. a

4. Find the words

Students can work alone and check answers in pairs.

1. courteous 2. tap into (something) 3. stumbled on 4. standardized tests
5. jolts 6. -enhancing 7. attributed (smiles) to

5. Verbs from the talk

1. embark on 2. yield 3. determine
4. mimic 5. induce 6. suppress (also repress)

6. Talking Point

Monitor the activity. Make a note of any typical errors and write any useful words on the board.