

# The seed of a smile



## Focus

To show how we can scatter the seeds of self-belief and success.



## You will need

A range of different types of seed, and images or objects of autumn (golden coloured leaves, seeds, a warm scarf and so on).



## Opening

Introduce the subject of the seasons by explaining that many plants have something different to do during each season. Use this script:

*Autumn is the season that plants get ready for the winter. One of the things that plants do is to make sure that their seeds are carried far and wide. Plants have many different ways of making sure that their seeds are able to find new places in which to grow.*

Show the children the range of different seeds (or images) you have collected and explain some of the dispersal techniques that are used: wind blown (grass, dandelion); spread by animals (rose-hips, apples); burs and hooks (burdock).

*Even a huge tree begins as a tiny seed. It starts off small and just keeps growing until it is big and strong.*



## Development

*A smile is like a little seed. The moment that you smile at someone, you put a little bit of happiness into the world that has everything that it needs to grow all by itself. We're going to play a little game now, to show you how this works. It's called 'Pass the smile'.*

Invite some volunteers to stand up. Make eye contact with one child and smile.

Ask them to pass the smile to another child and then sit down. Continue until everyone is sitting down.

*If we had time, we could have gone on and on until the whole school had passed on a smile. The smile would have gone on and on spreading just like the seeds in autumn. Everyone would be having that nice warm feeling that a smile brings with it. In fact, let's all have a smile at one another.*

Tell the child at the end of each row to smile at the person next to them. Pass the smile down the row.

*Good! See how the seed of a smile that we began with has spread throughout the whole school.*

## **Reflection**

*Autumn can be a grey and wet time. The trees are losing their leaves and starting to look very bare. Night-time seems to come earlier and earlier in the afternoon and it is getting colder as winter comes closer. All the little seeds are hiding away under the earth and will wait until the spring before they start to grow. But, luckily for us, the seeds of happiness that we all call smiles can be spread around at any time of year. Smiles are sparkly and will brighten everyone up – even on a grey, wet day. So, let's all smile as much as we can and spread the sparkle of happiness around the school every day.*