

A SMILE

by:

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A smile can reduce stress, help heart health, lower blood pressure, and boost your immune system by decreasing cortisol in the body. A simple genuine smile prompts the brain to produce endorphins and serotonin, causing positive emotions. This is how powerful a smile can be.

Learning delivery is quite lighter and more memorable in the lives of the learners with such a kindhearted teacher. Different techniques and strategies were discovered to provide quality education. Still, professionals keep on researching, digging into the problem, solving issues and concerns, innovating, and delighting. They cannot stop because they discover yet the proper way of handling a vulnerable learner. Try to make a class a home, building rapport is so easy, and ambiance could captivate our learners and will encourage them to be always in school.

Going back to the new normal means full face-to-face classes. This is a great opportunity to show our care to our learners who are so hungry to learn in school and play outside, fragile, and somewhat naïve, from home to school, learning facilitator to the teacher. Bridging the gaps between school and home to support the student's success in education requires both parents and teachers to work towards aligned goals. Parents might have different languages at home and getting in touch with them is a challenge. Communication is not only through words, but it can also be through actions. Alexander Todorov and his colleagues from Princeton University found that people make judgments about trustworthiness after being exposed to facial expressions for less than

100 milliseconds. Authenticity is an inside-out process, but before an important speech, it is important to practice your facial expression in the mirror.

A smile is something you can give generously without making you poor or losing your possession, but you could build a castle of joy in everyone's heart that will give them a high spirit to always face the earth eagerly and with confidence. Learning inside a classroom will enlighten not only their mind but also their heart. The experience that each one will share is something that no words can express. The teaching profession is indeed a noble one because every day you are about to build a child, a leader, a hope that would fill an empty nation.

References:

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