

THE MAGIC OF A SMILE: EXHIBIT TO INSPIRE, SUPPRESS TO OUTPERFORM

by:

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One can never disregard the magic of a good, genuine smile, but for your smile to be magical, learn to smile from the heart.

A good sincere smile can imply different shades of feelings to people. In fact, it generates pleasant feelings instantly. When a teacher smiles at his students, it suggests messages – like “Good answer”, “You are important to me”, and “Keep up the good work”, among others. As the students reciprocate the teacher’s smiles, he is able to win the students in the process.

However, it is not actually the facial expression that brings the student closer to the teacher. The movement of the mouth is not what matters, but the true feelings instead.

Teachers must smile from the heart.

A teacher can radiate a comfortable, welcoming, and cheerful environment simply by smiling at the learners, thus making them feel that they belong and are supported emotionally and socially inside the classroom which sets a conducive learning environment inside the classroom (Terada, 2018). Non-verbal interpersonal interactions such as a smile can help make the greeting feel authentic to learners (Terada, 2018). He must learn to depart from his troubles and personal struggles in life and learn to smile despite it all. He must overcome it all to radiate a genuine smile, for those who like an unhappy smile. A smile is a blessing bestowed on everyone. It is an asset and everyone must put it to good use by giving it away freely. Teachers are no less. Just like what the

good old saying tries to teach us, "Smile and the world smiles with you. Cry and you will cry alone".

On the other hand, in terms of teacher performance, Hall, et. al. (2016) proved that suppression of this positive emotion emanates in the outperformance of others. This does not necessarily mean that a simple smile is an outburst of an expression that might prove to be in contrast to the findings of the study. The point is, smiling generates positive effects both in the workplace and on the learners' attitude and motivation. It can never be too much to smile at learners, most especially to help them feel better about going to school.

A smile is a gift that cannot be bought over the counter. A teacher who works with the magic of a smile can far more than inspire the learners, he is an outstanding teacher.

References:

Hall, Nathan C., et. al. "Smiling on the Inside: The Social Benefits of Suppressing Positive Emotions in Outperformance Situations." Sage Journals (2016): Vol. 42, 5th issue.

Terada, Youki. "Welcoming Learners with a Smile." Edutopia (2018).

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