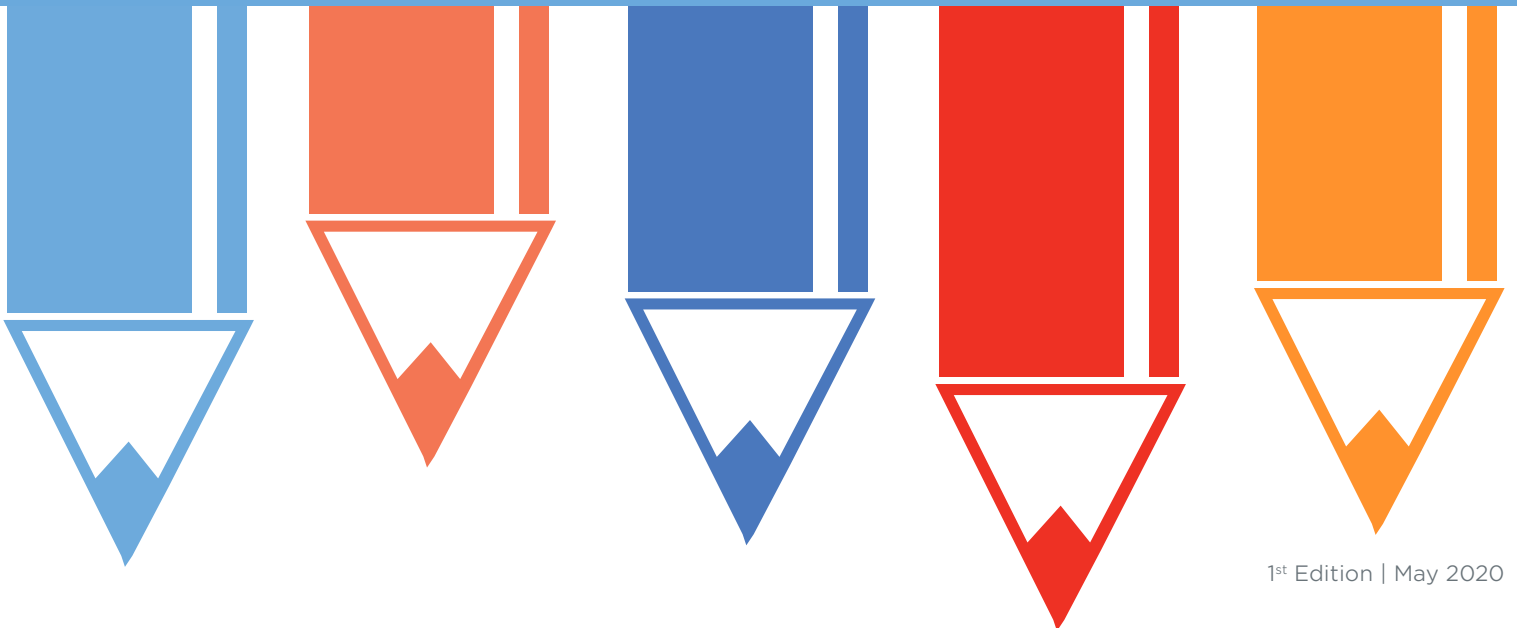




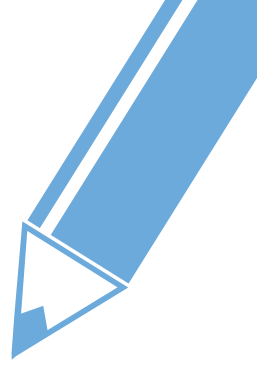
9 Reasons to Smile

FAMILY FUN ACTIVITY BOOKLET

Provided by Smile Train
to promote mental health and awareness within
families affected by cleft lip and/or palate.



About this booklet



This booklet was designed for kids like you. It's full of activities you can do by yourself and with your family to learn more about what makes you happy, what makes you feel proud of yourself, and how you can overcome challenging feelings and situations. We hope that it helps you in your journey. Thank you for picking this booklet up and taking the opportunity to find a few more reasons to smile.



What if you do not have access to a printer or a printed version of this booklet? No problem! You can read the instructions and draw the activities yourself! Use your imagination to make everything here exactly the way you like it.

A special thanks to Grace Peters from Smile Train, NY and psychologists Martha Jaramillo and Camila Osorio from Smile Train's partner hospital Fundación Clínica Noel in Medellín, Colombia, for their fundamental contributions to this work.

A large, stylized orange pencil graphic is positioned on the left side of the page. The pencil is oriented vertically, with the eraser at the top and the tip pointing downwards. The body of the pencil is a solid orange color, and the eraser is a lighter shade of orange. The tip of the pencil is a dark orange color.

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Pizza of Happiness



It's not always easy to know what makes you happy, but pizza is usually a great place to start. In this exercise, you will make your own, special pizza — but instead of pepperoni or extra cheese, it will be topped with all the things in your life that make you happy, like time with family, or laughter, or even more pizza! Doing this can help you focus on the big things that are most important to you so you will spend less time worrying about the little things.

1. List up to 7 things that make you and your family happy (for example: family time, hugs, laughter). These are your **happiness ingredients**. If you cannot think of 7 right now, it's okay to add more later.

2. List these **happiness ingredients** from “1” to “7”. “1” should be the one that's most important to you, “2” the second most important, and so on. (For example, if family time is the thing that makes you happiest, that would be “1”). Remember: The most delicious pizzas have many ingredients!

3. Next, label the **pizza ingredients** (pizza crust, dough, sauce, cheese, toppings) in order of how important they are to you. For example, pizza crust could be “1” because the crust holds the pizza together, or cheese could be “1” because it is your favorite.

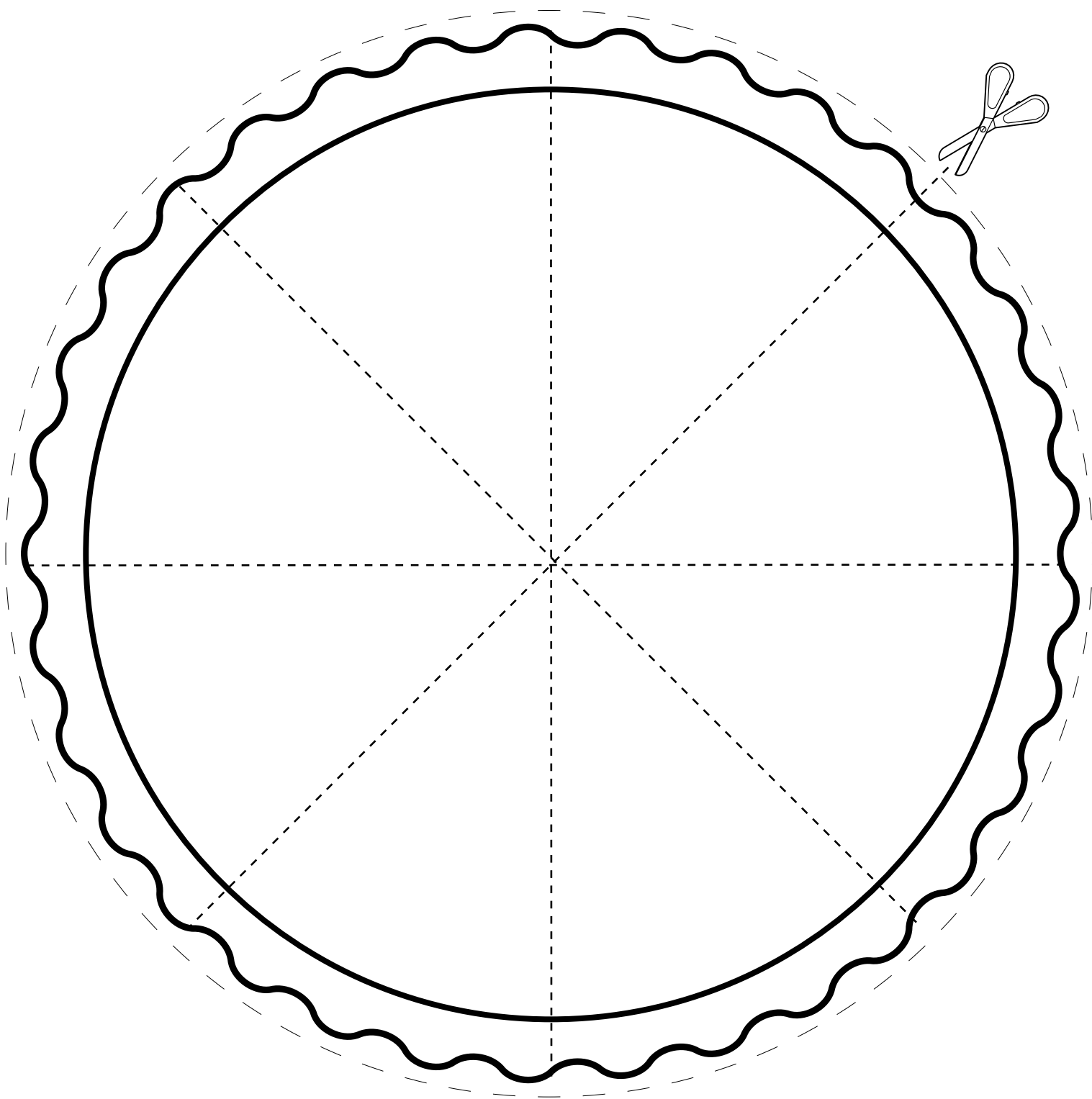
4. Match and write your **happiness ingredients** on the **pizza ingredients**. (For example, family time would be written on the crust, because they are both “1” -- the most important). If you didn't make all 7 **happiness ingredients** earlier, you may have thought of some new ones. You should write those down now and match them to the pizza ingredient with the same number.

5. Once all the **happiness ingredients** and **pizza ingredients** are matched, color in all of the ingredients.

6. Cut the ingredients out along the dotted line and glue them to the pizza crust.

7. Great job! Now you have a pizza topped with all the things that make you and your family happy!

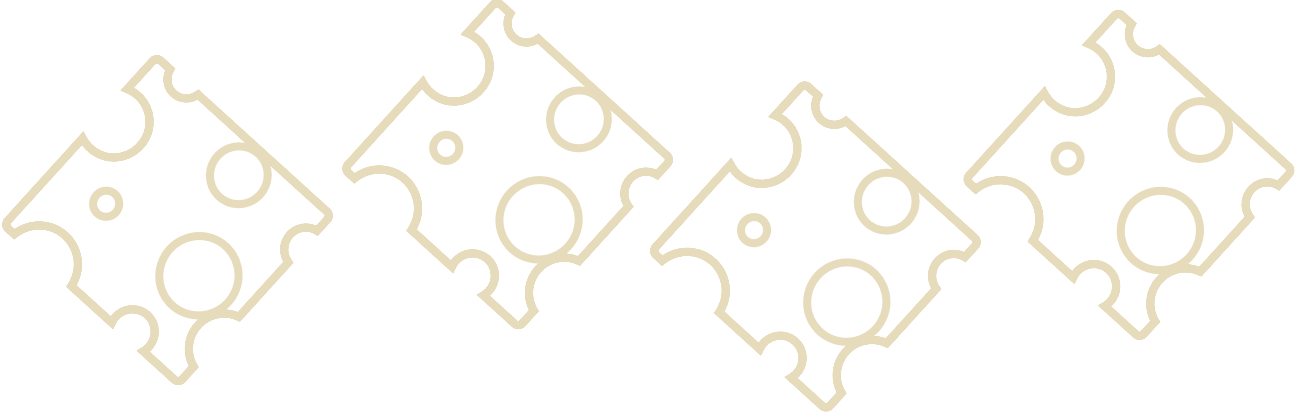
Ingredients of Happiness List



Tomatoes



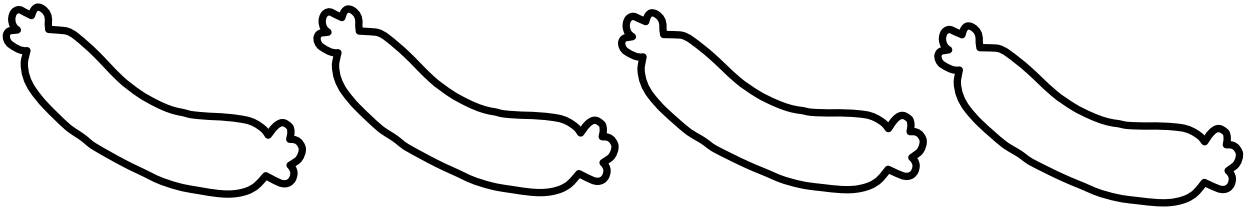
Cheese



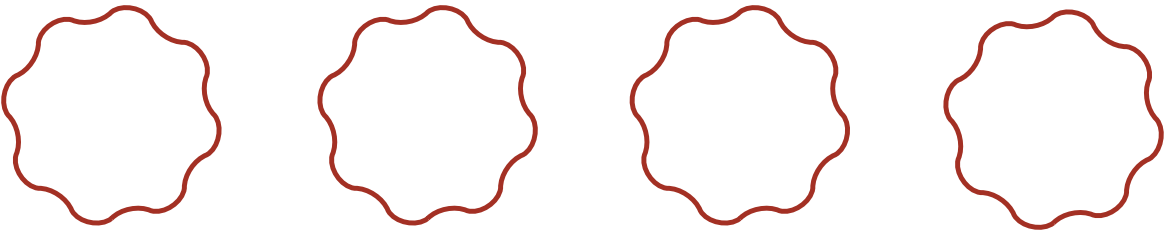
Mushrooms



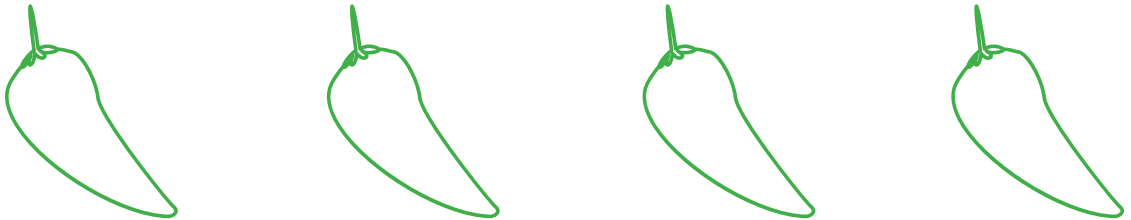
Sausages



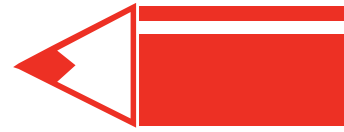
Meatballs



Peppers



Self Esteem Word Search



You are amazing and there's no one else exactly like you. But sometimes you may feel that it is hard to think of the right words to describe all the great and special things about yourself. In this word search, you will use your brain to find hidden words. Each word relates to self-esteem, which is your personal belief in yourself. As you're searching, think about how each of these words applies to you. You have a lot to be proud of!

1. Search up, down, forward, backward, and on the diagonal to find the hidden words.

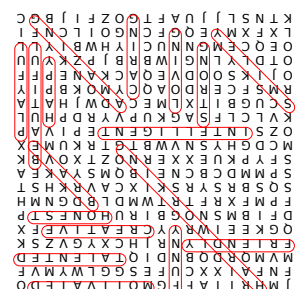


Hardworking
Creative
Playful
Brave
Happy

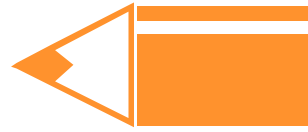
Intelligent
Amazing
Loving
Honest

Beautiful
Friendly
Caring
Strong

Motivated
Talented
Smiley
Funny

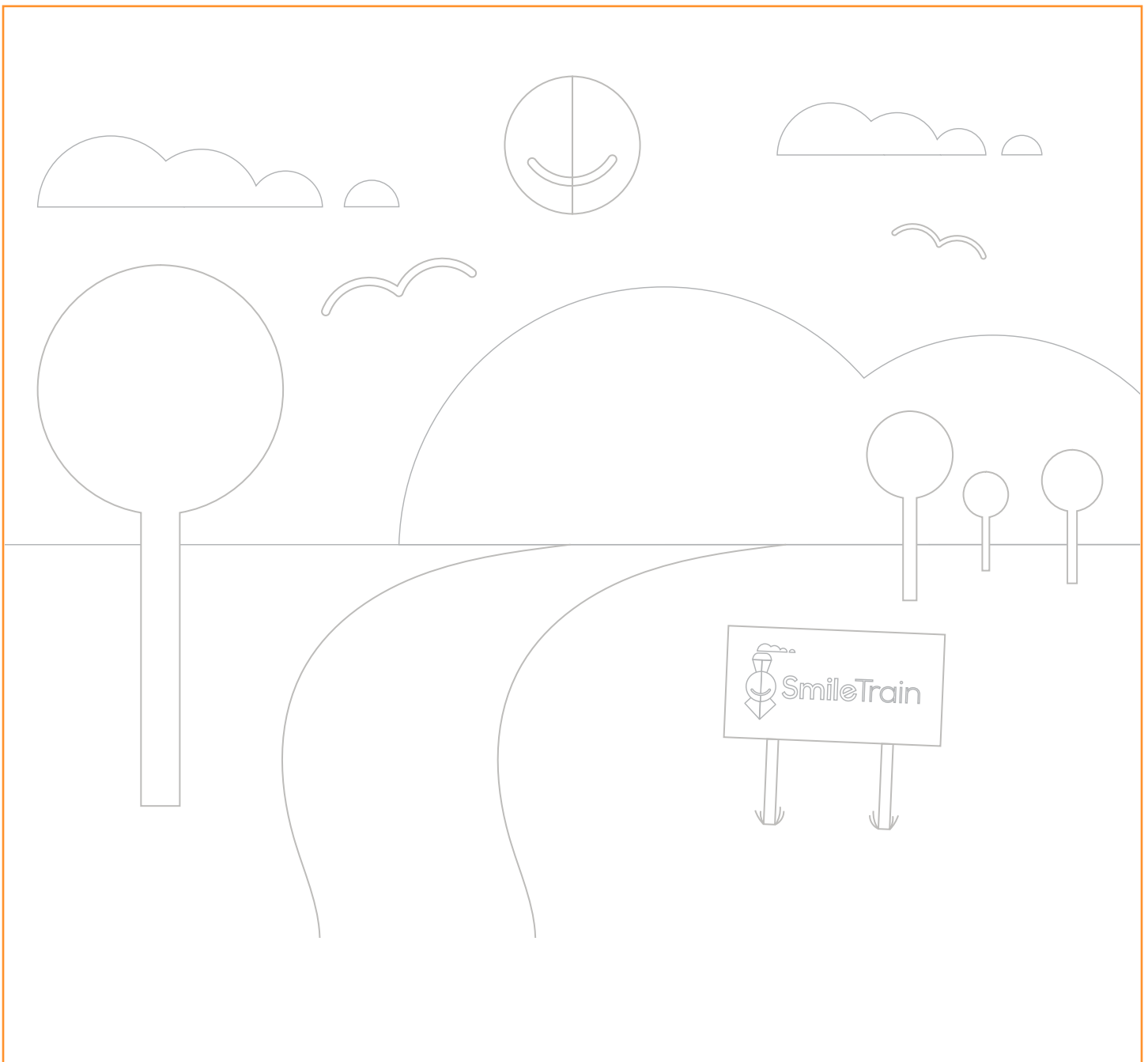


My Unique Family Portrait



Every family is different. In the picture below draw everyone who is a part of your family and add color or shapes to show their unique personalities. As you draw, think about the ways you and each person in your family is unique. What makes your family special?

1. Draw you and your family in the picture below.
2. Color in the rest of the photo however you want!



Hide and Seek

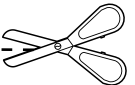


Sometimes, it can feel hard to remember the best things about ourselves. It's almost like those parts of ourselves that we love are hiding. In this activity, your family members will hide things they love about you around the house and you will find them. As you search, try to remember that all of the wonderful traits you find are always there — sometimes you just have to remember to look for them!

1. Read the positive traits below and think about how each one applies to you. Then, either by yourself or with family members, fill in the blank spaces with more positive traits that you love about yourself.
2. Cut out each of the positive traits, including the ones you just made.
3. Family members will then hide the positive character traits around the house.
4. Once the positive traits are all hidden, start searching for them. Try to collect as many as you can! Each time you find a positive trait, try to remember that it is always a part of you, and it's something for you to hold on to and be proud of.

Example: I am a good neighbor

POSITIVE TRAITS:



I am a good listener

I am a reliable friend

I am perfect the way I am

I have a kind heart

I am a good helper in the kitchen

I am a fun sister/brother

I have the best laugh

My smile is perfect

I am a superstar

From Garbage to Masterpiece

Recycling not only gives “garbage” a second life, it can also help you create fun at-home art projects! This activity is a reminder that everything has hidden value, even things we might think are ready to be thrown away.

1. Look for small items around the house or in your backyard that can be recycled. For example, a button, a piece of string, a toilet paper roll, or a bottle cap.
2. Use your imagination to transform these items into a beautiful masterpiece!



Harmony in Hand



Sometimes we deal with specific challenging emotions, or we just do not feel quite right. The Jin Shin Jyutsu® Harmony in Hand activity can help you calm your emotions and feel better. You can also share it with your family so when they feel these emotions, they can practice the activity too. Through open communication and sharing, you and your family can learn about each other's emotions and learn to feel better, together.

1. Use the ancient Asian Art of Jin Shin Jyutsu for calming, cheering and feeling better. Read the "Harmony in Hand" description below.
2. As a daily practice, simply hold each finger for 3-5 minutes, beginning with either thumb.
3. To help a specific feeling, hold the appropriate finger until you experience a shift. As you hold it, remember to breathe and smile.



Jin Shin Jyutsu

(pronounced *jin shin jit-su*) is an ancient healing art that was passed down from parent to child, long before books were common. The art reminds us that when faced with difficult feelings and physical discomforts, we have the ability to help ourselves and to help others, using the simple tools that we always have with us — our breath and our hands.

For more information, visit www.jsjinc.net

www.instilljsj.com ~ KAREN SEARLS © 2007, 2020

**Harmony in Hand, reproduced by permission of Karen Searls, Jin Shin Jyutsu Certified Practitioner, April 2020*

Family Club



Your family can be one of your most important sources of support and comfort. In this activity, you and your family will spend time together. But this isn't just your average family time, it's "Family Club" — a place where everybody in the family talks about one thing each week and makes sure everyone else gets to participate. You can use this time to share something that's important to you, or to learn more about what's important to one of your family members.

1. You and your family will choose one day and time per week to come together for Family Club. For example, after dinner every Thursday is a great time to come together because you are already with your family!
2. Choose a discussion leader. This person should be a different family member each week.
3. The discussion leader gets to pick the Family Club topic. Some examples are favorite dessert, favorite sport, or funniest family memory.
4. Spend at least 30 minutes discussing the chosen topic. It's okay if other topics come up during the discussion, but make sure the discussion leader feels like their topic got enough focus. Also, it's important to make sure everyone gets equal chances to speak.
5. This is a nice way for everyone to come together to discuss how they feel about the chosen topic and to make everyone feel important!

“I Am” Can (or Cup!)



Sometimes you just need a reminder about all the good things in your life. The “I Am” Can (or Cup!) is a container full of these reminders. It can help give you a boost any time you need one!

1. Get an empty, clean can or cup. This may involve washing out a can or cup that had food in it. If you choose to use a can, work with parent/guardian and check that the can you choose doesn't have too many sharp edges at the top. (Tip: You can design a beautiful can through your “Garbage to Masterpiece” Activity!)
2. Get at least 10 tongue depressors or popsicle sticks (or other objects with a similar shape that you can write on).
3. With your family or friends, each person will take a few popsicle sticks and write a different word or phrase on each one. These should be positive words that complete the sentence “I am...” (for example: “happy,” “loved,” or “safe”).
4. Once all the sticks have positive words written on them, put them in the can and shake it around.
5. One person takes the can, picks one stick, and reads its message out loud. Everyone else then repeats the message out loud.
6. Pass the can to the next person, who takes a stick and reads the message. Everyone else then repeats that message out loud.
7. Continue until everyone has had a turn, or until you run out of words!
8. Once the game is over, keep the “I Am” Can (or Cup!) in a communal space. When you feel sad or need a “pick me up,” pick and read a stick from the can or cup!



Attitude of Gratitude




Do you know what the word “gratitude” means? It means being thankful or grateful, and sharing this feeling with someone else. Can you think of someone you are grateful for? Maybe it is your mom who cooks your favorite food, or your friend who always makes you laugh. Showing gratitude will not only make you feel good, it will make the person you are grateful for feel very special!


1. Fill in the template below and write a letter to someone who you are grateful for! For example, “Dear, Mom (name of a person), thank you for making yummy rice and chicken for dinner (thing they do that you are grateful for). I am grateful for you. You make me smile! Love, Grace (your name).”
2. Color and design the letter however you like!
3. If you are comfortable doing this, share your letter with your person. It will make them happy to know you are grateful for them, and it will make you happy to share your gratitude!

Dear _____ ,

Thank you for _____

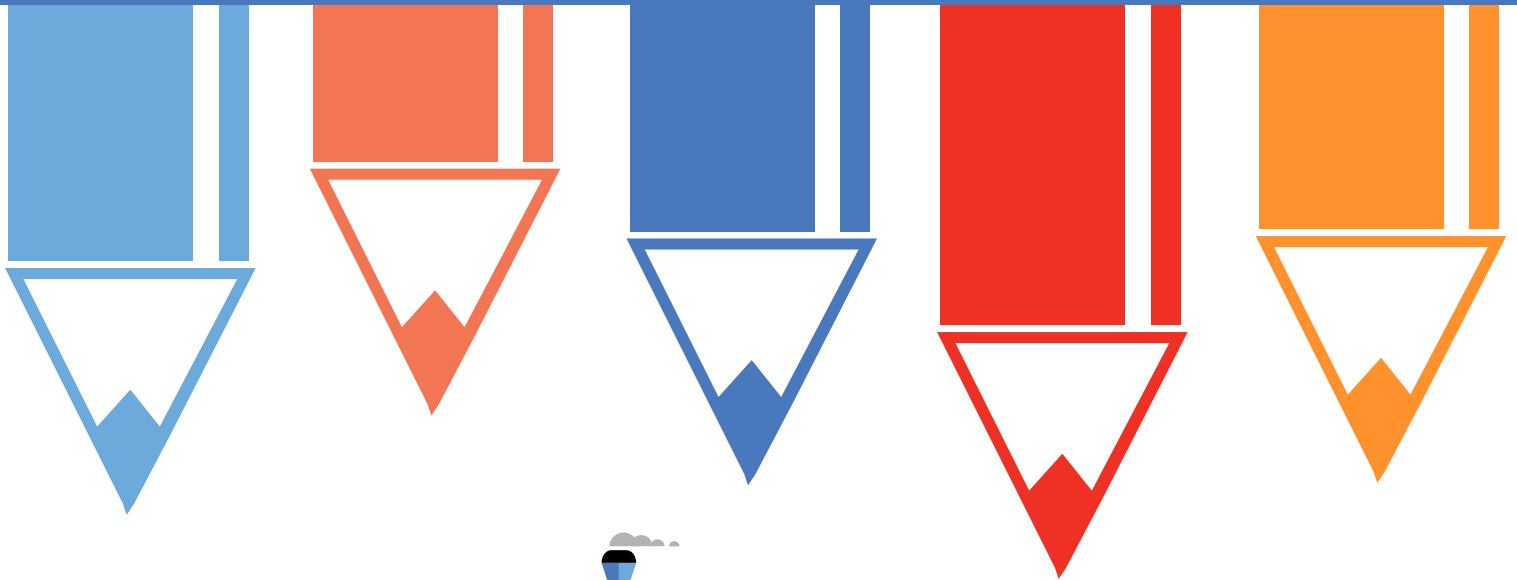
I am grateful for you. You make me smile!

Love, _____ 





CHANGING THE WORLD ONE SMILE AT A TIME



Did you know that taking care of your mind is just as important as taking care of your body? One of the ways you can take care of your mind and your emotions is through art! The World Health Organization and Smile Train are working together on Art Impact4Health, a program series to promote art as part of mental and social well-being for kids (just like you!) born with cleft lip and/or palate. We hope this activity booklet has helped you take care of your mind, express yourself, and connect with your family from home.

Please write to us with photos, comments, and feedback on this booklet at info@smiletrain.org