THE EFFECTS OF A TEACHER’S SMILE

by:

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A truthful and sincere smile of a teacher both to fellow workers and students brings varied positive meanings to recipients. To others it may mean a plain “Hi!” or “Hello,” It may also mean “How are you?” and still to others it may mean “I’m glad to see you.” Mostly, smile conveys positive messages in an organization, a school or an office. If a teacher smiles to co-workers and students they usually smile back. This situation generates well-being. They usually win more friends in the school.

But word of caution, for a smile to be sincere, it must be coming from the heart. It is not actually the facial expression that makes the other person believes that you are an approachable and friendly person, but it is the feeling that is projected and felt. True feelings is what matter, so, smiling to others sincerely will make others relaxed and happy.

As teachers, we are surrounded by co-workers and students. We must not be afraid to show our true feelings. Make others happy. Smiling is contagious, therefore, let us not add burden to whatever challenges, worries or problems our students and co-workers have. However, do not force a smile, others will feel it. As teachers, be an inspiration to others.

Many teachers seem to forget how to smile, may be because of some concerns and responsibilities. For instance, lessons to be taught, strategies and materials to be used, disciplinary problems of students, relationship to others and of course, family problems. All of these bring stress and worries to a teacher. A sure remedy for this is by always staying positive, Remember the famous saying, “Laugh and the whole world laughs with you, Cry and you will cry alone.”

Think of happy experiences with your students or co-teachers, Think of the wonderful things that will happen to you, Claim it and you will have it and be glad to all of
these. See yourself as a motivator to co-workers and students, Share your ideas, manage your emotions and mingle more with others. These activities will magically radiate your feelings that will make you smile. Use this everyday of your life.

A sincere smile of a teacher has power, magic and potency to everyone in the school, who knows a happy disposition of school employees might result to an increased students’ achievement and an increased school performance.

Reference:

Tapalla, W. The Power of a Smile, Woman’s Home Companion 25(32)39