



Name: \_\_\_\_\_ Date: \_\_\_\_\_ Visit [Goodthinkinc.com](http://Goodthinkinc.com) for more information

## The Smile Experiment

**1. Instructions:** divide into your team and agree on roles of Person 1, Person 2, Time/Narrator, Recorder.\*  
You will need a stopwatch as well as a pencil. Once you're ready have the narrator read aloud:

**Timer/Narrator:** Person 1 and Person 2, please sit or stand opposite of each other. Please follow these directions:

Person 1: You live your life with self-discipline, making good choices, rejecting bad choices, and being part of your family, school, and society. Think about all these good choices and self-control as you do this experiment. For the next seven seconds, no matter what Person #2 says or does, I want you to show absolutely no emotional reaction. Do not get angry, sad, or frustrated, and **do not smile or laugh.** Go completely blank. Remember, show no emotion, no matter what.

Person 2: Your instructions—when the timer says to start—are to look in the eyes of person #1 and smile at them genuinely.

Timer: You are responsible for timing how long it takes for each person on your team to change his/her blank expression.

Recorder: You are responsible for recording and charting the results of this experiment for your group.

*\*You should do this experiment four times, changing roles each time, so that each person gets to do each job once.*

**2. Predict:** Which team member in your group will be able to keep a blank face the longest? \_\_\_\_\_

Group Member	3. EXPERIMENT: Amount of Time Before Expression Change								
	5 seconds	10 seconds	15 seconds	20 seconds	25 seconds	30 seconds	45 seconds	60 seconds	Other ____
Person 1									
Person 2									
Person 3									
Person 4									

**4. Analyze:** Discuss as a team what these results mean: why are they significant? How can you apply this experiment to your life?

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(Advanced option: Do an internet search about mirror neurons and discuss why they apply to this situation.)

**5. Implement:** The goal of happiness research is to create a ripple effect—spreading the happiness in your own world. On the back side of this paper, outline plans for a project your group could create in your school or town to spread happiness.

**Include these items in your planning:**

- Project Title/Name
- Goal for the Project
- Action Steps to Implement Project
- Resources Needed to Complete Project