Put on a Happy Face

1. Read the title of the passage. What do you think the text is about?

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2. What do you feel when someone tells you to put on a happy face?

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There is more to a smile than meets the eye. Here are some cool facts about the act of smiling.

Smiling can help you stay positive and feel less stressed. If you smile, even without meaning it, you send a message of happiness to your brain. Keeping a happy face can trick your mind into feeling happy. You make the parts of your brain that are in charge of happiness start working.

3. Smiling makes you stressed. **TRUE / FALSE**

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4. How can you make your brain think that you are happy?

A. You can be stressed.

B. You can smile.

C. You can send it a message.

5. What word in the paragraph has the same meaning as the word "brain"?

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Smiling doesn't only make you feel better. It makes the people around you feel better too. When you are around other people, your brain notices their facial expressions. Many times, it also makes you copy the expression of whomever you are with. When you are with someone who is happy and smiling, you may find yourself smiling too without even knowing you are doing it. It's true, smiling really is contagious.

6. What happens to the people around you when you smile?

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7. When does your brain notice other people's facial expressions?

A. When you think about them.

B. When you smell them.

C. When you feel them.

D. When you see them.

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We are naturally attracted to people who smile. When we see someone who smiles a lot, we automatically assume that they are nice people. Angry faces can push people away. We want to be around people who are more positive, even if we are not aware of it.

8. How much do you agree with this paragraph?

A. 0

B. 1

C. 5

D. 10

9. What are we not aware of?

A. That we don't want to be near angry people.

B. That we smile automatically.

C. That we push people around.

People who smile a lot also look like they have more confidence. That makes us see them as more successful people. That gives them a better chance to get picked for things or get the jobs they want. More people want to talk to them and be around them.

Smiling makes you healthier and helps you live longer. When you smile, you are more relaxed. That makes your immune system work better. Studies have shown that when you smile, your body makes endorphins that can help you feel less pain. A smile is the body's natural drug. Studies even show that people who smile a lot are people who live longer lives.

10. Reorder the sentences according to the text.

A. The immune system is in charge of making endorphins.

B. Being relaxed is good for the immune system.

C. Smiling caused relaxation.

D. You feel less pain thanks to endorphins.

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11. What makes you happy?

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