# Unit 1.2: The hidden power of smiling

## WATCH

learnmore A superhero is a fictional character with special powers. Superheroes appear in comic books or fantasy or science fiction stories. Superman is an example of a superhero. According to the stories, he made an intergalactic journey—across the galaxy—to Earth from a planet called Krypton. His powers include super strength and the ability to fly.



**E** 1.2 **WATCH FOR MAIN IDEAS** Watch the TED Talk and notice how Gutman organizes his ideas. Then number each summary statement (1–5) to show the order in which he covers each point.

_____ He describes additional scientific experiments on smiling.

_____ He gives an introduction to himself and his research.

_____ He compares smiling with other things that make us feel good.

_____ He explains that smiling is a basic, universal human expression.

_____ He sums up some of the benefits of smiling he has already mentioned.

**F** 1.3 **WATCH FOR DETAILS** Watch segment 1 of the TED Talk. Take notes when the visual changes. Then use your notes to write short answers to these questions.




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1. In what year was the research study at Wayne State University conducted?

_____

2. The researchers looked at baseball cards from before which decade?

_____

3. On average, how long did players who didn't smile live?

_____

4. How long did players with wide, beaming smiles live on average?

_____

5. What do blind babies do when they hear the sound of a human voice?

G 1.4 **WATCH FOR SUPPORTING EVIDENCE** Read the statements. Then watch segment 2 of the TED Talk. Match the supporting studies that Gutman mentions to the correct research finding.

1. _____ A recent study conducted at Uppsala University in Sweden
2. _____ A recent study from the University of Clermont-Ferrand in France
3. _____ An experiment conducted by French neurologist Guillaume Duchenne
4. _____ A German study that used fMRI imaging to measure brain activity
5. _____ A study undertaken by researchers in Britain
6. _____ A recent study conducted at Penn State University in the U.S.

a. It is possible to stimulate somebody to smile by sending electricity to his or her facial muscles.

b. It's difficult to frown when you are looking at a smiling person because smiling is contagious.

c. One smile generates the same level of brain stimulation as receiving a lot of money or chocolate.

d. Smiling modifies how our brains process emotions so that we actually feel better when we smile.

e. Subjects who held a pencil in their mouths found it difficult to determine if a smile was real or fake.

f. When we smile, other people feel that we look more likeable, courteous, and competent.

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