

Chaplain's Spot



Smiling



Spike Milligan's poem on Smiling -

Smiling is infectious - you catch it like the flu
when someone **smiled** at me today, I started **smiling** too

I walked around the corner, and someone saw me grin
When he **smiled** I realized I had passed it on to him

I thought about the **smile** and then realised its worth
A single **smile** like mine could travel round the earth

So if you feel a **smile** begin, don't leave it undetected
Start an epidemic and get the world infected.

I wrote a song called 'Smile' many years ago. One of the lines was 'it takes less muscles than a frown'. It is certainly a very positive action we can take, even when things are not so good – a smile can change the perspective of a moment. A smile can warm another's heart – let's pass on more welcoming smiles.

Quote of the week: "A warm smile is the universal language of kindness." – William Arthur Ward

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Supporting the School community in emotional, social, spiritual and practical wellbeing.

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