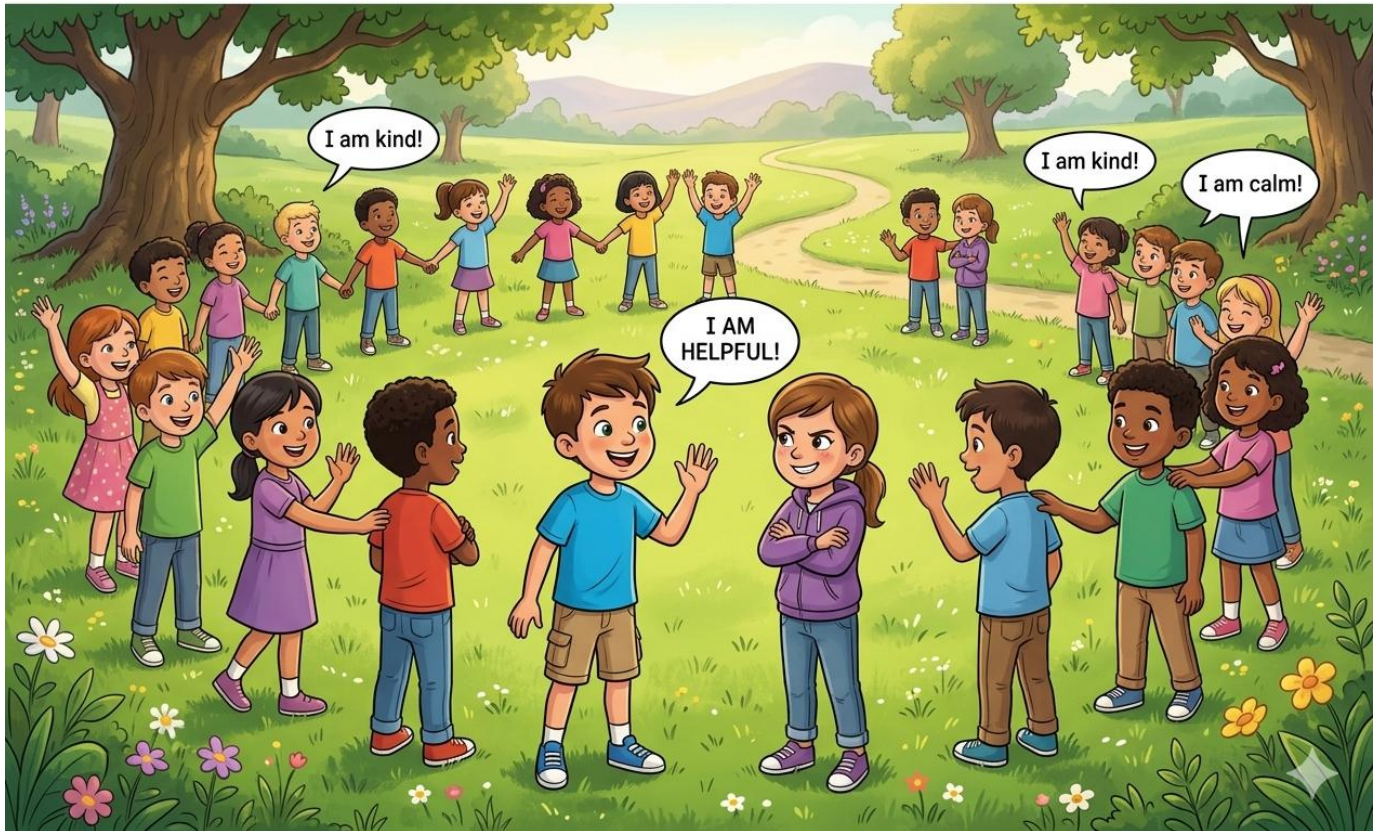


## 🇬🇧 Physical Class Game – The Smile Chain – SSSSB Story 022



### How to Play

#### 1. Setup the playground

- One person starts as the **True Self** (one who practices good values).
- Everyone else in the circle starts as a Gossiping Friends - they must sit with their arms crossed, looking away, or pretending to whisper a secret to the person next to them.

#### 2. The Inner Value Spark

The True Self player chooses one core value to practice out loud by making an action and saying it cheerfully:

- Kindness: Offers a polite wave and says, "*I am helpful!*"
- Calmness: Takes a deep, peaceful breath, smiles warmly, and says, "*I am calm.*"

#### 3. The Ripple Effect (Transformation)

The True Self player turns directly to the "Gossiping Friends" sitting to their right and shares that bright smile and positive phrase.

- Because true transformation begins within, the friends cannot resist this genuine kindness!
- That classmate instantly transforms—they uncross their arms, smile back, and tap the next person in the circle to repeat the positive phrase and action.

### Winning the Game

The game becomes a fast-moving chain reaction. The moment the smile and positive value ripple all the way around the circle and everyone is uncrossed, smiling, and chanting the value together, the whole playground has changed!