

## Smiling lessons in Japan after years of mask-wearing

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People in most countries have stopped wearing masks. In Japan, many people are still covering up. Some of those who have gone maskless, or who want to, are taking lessons in how to smile. A lot of adults

say they have "forgotten" how to smile naturally after three years of wearing a face covering. They are taking lessons from "smile coaches" to relearn how to smile with confidence. One coach, Keiko Kawano from a "smile education" company, spoke to the Asahi Shimbun newspaper about her work. She said: "Mask wearing became normal, so people had fewer opportunities to smile. Many people developed a complex about smiling. I want people to smile for their physical and mental wellbeing."

Smile coaches in Japan may be busy for some time to come. A recent survey by Laibo Research found that 27.8% of company employees in their 20s to 50s would continue to wear masks. Just over two-thirds of people said they would wear a mask depending on the situation. Only 5.5% said they would go mask-free. Ms Kawano is well known in Japan. She has coached more than 4,000 people in the art of smiling. She has also trained hundreds of "smile specialists". She said: "Smiling makes a good impression on others and helps communication. It also has the effect of making yourself feel more positive." She added: "Moving and relaxing the facial muscles is the key to a good smile."

Sources: [asahi.com](http://asahi.com) / [theguardian.com](http://theguardian.com) / [reuters.com](http://reuters.com)

### Writing

We should all go to smiling classes. Discuss.

### Chat

Talk about these words from the article.

countries / masks / Japan / adults / smiling / coach / education / complex / wellbeing / busy / survey / employees / situation / art / a good impression / positive / muscles

### True / False

- 1) Japan is the only country wear people wear masks. T / F
- 2) Some people in Japan are taking lessons from smile coaches. T / F
- 3) People had fewer chances to smile when they wore a mask. T / F
- 4) A coach wants people to smile to keep them physically healthy. T / F
- 5) A survey found that 27.8% of all Japanese people still wear a mask. T / F
- 6) Just over 5.5% of company workers do not wear a mask. T / F
- 7) A smile coach has trained more than 4,000 "smile specialists". T / F
- 8) The smile coach said relaxing really helps with a good smile. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                         |                  |
|-------------------------|------------------|
| 1. <b>stopped</b>       | a. workers       |
| 2. <b>coaches</b>       | b. self-belief   |
| 3. <b>confidence</b>    | c. experts       |
| 4. <b>opportunities</b> | d. discontinued  |
| 5. <b>wellbeing</b>     | e. study         |
| 6. <b>survey</b>        | f. circumstances |
| 7. <b>employees</b>     | g. instructors   |
| 8. <b>situation</b>     | h. answer        |
| 9. <b>specialists</b>   | i. good health   |
| 10. <b>key</b>          | j. chances       |

### Discussion – Student A

- a) What do you think about what you read?
- b) What do you think of your smile?
- c) Which person you know has the nicest smile?
- d) How might a smile coach get people to smile?
- e) How easy is it for you to smile?
- f) Is it sometimes difficult for you to smile?
- g) What makes you smile most?
- h) What questions would you like to ask a smile coach?

## Phrase Match

- |  |                         |
|--|-------------------------|
| 1. many people are still                     | a. muscles              |
| 2. how to smile with                         | b. and mental wellbeing |
| 3. people had fewer opportunities            | c. time to come         |
| 4. Many people developed a complex           | d. covering up          |
| 5. I want people to smile for their physical | e. smile                |
| 6. be busy for some                          | f. to smile             |
| 7. relaxing the facial                       | g. on the situation     |
| 8. company employees in                      | h. about smiling        |
| 9. wear a mask depending                     | i. their 20s to 50s     |
| 10. the key to a good                        | j. confidence           |

## Discussion – Student B

- What do you think of face masks?
- What was your experience of wearing face masks?
- What do you think of smiling?
- Should we still be wearing masks?
- How did you feel when you went maskless?
- Would you like to take smiling lessons?
- How is smiling good for physical and mental wellbeing?
- What advice do you have for people who cannot smile?

## Spelling

- people are still eivcnrgo up
- Some of those who have gone ekmlass
- A lot of ldsaut
- how to smile luanarlyt
- how to smile with diefceoncn
- their yilpcash and mental wellbeing
- A recent vyurse by Laibo Research
- depending on the iatsntiuo
- hundreds of smile espilaistcs
- Smiling makes a good isnomeisrp
- making yourself feel more itivpeso
- Moving and relaxing the facial uselcsm

### Answers – Synonym Match

1. d	2. g	3. b	4. j	5. i
6. e	7. a	8. f	9. c	10. h

## Role Play

### Role A – Jokes

You think jokes are the things that make us smile most. Tell the others three reasons why. Tell them why their things don't make us smile as much. Also, tell the others which of these is the least likely to make us smile (and why): puppies, exam success or free food.

### Role B – Puppies

You think puppies are the things that make us smile most. Tell the others three reasons why. Tell them why their things don't make us smile as much. Also, tell the others which of these is the least likely to make us smile (and why): jokes, exam success or free food.

### Role C – Exam Success

You think exam success is the thing that makes us smile most. Tell the others three reasons why. Tell them why their things don't make us smile as much. Also, tell the others which of these is the least likely to make us smile (and why): puppies, jokes or free food.

### Role D – Free Food

You think free food is the thing that makes us smile most. Tell the others three reasons why. Tell them why their things don't make us smile as much. Also, tell the others which of these is the least likely to make us smile (and why): puppies, exam success or jokes.

## Speaking – Smiling

Rank these with your partner. Put the things that make us smile most at the top. Change partners often and share your rankings.

- |           |                 |
|-----------|-----------------|
| • Jokes   | • Getting money |
| • Babies  | • Exam success  |
| • Winning | • Holidays      |
| • Puppies | • Free food     |

### Answers – True False

1	F	2	T	3	T	4	T	5	F	6	T	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.