

# Becoming Likeable

A Stand Alone Unit



## Daily Living Skills

Executive Functioning Skills for Surviving  
Life after High School

Transition 2 Life Curriculum

By Susan Traugh



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Becoming Likeable  
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Note to Teachers: For consistency's sake, I've used the preferred English spelling of "likeable" with the "e." The U.S. preferred spelling is without the "e" for likable, but with the "e" for likeability. The secondary spelling in the U.S. is with an "e". In testing, students read "lick-able" with preferred U.S. spelling, so I changed it to the secondary spelling. If you are a spelling guru and see my "mistaken" spelling, that's my reasoning. 'Hope it doesn't make you crazy. :-)

## Key #5—Smile



This key to likeability is so obvious it almost goes without saying—(just saying.) :-)

This seems like a no-brainer, AND it turns out our brains are wired at birth to respond to smiles. Smiles, in fact, can do many things\*:

- Tell people you're trustworthy
- Make you seem more attractive
- Welcome people to approach you
- Make them smile too
- Make you appear "in control"

Did you know that if you smile while holding food, other people will even think that food tastes better! Now, that's one powerful smile!

And, it doesn't take much. Even a mini-smile of only 4/100's of a second is enough to make another person smile back at you!

When people smile, the physical act tells their brain that they are happy. Smile at someone and they will smile back—and feel happy—and decide YOU are the reason they feel good. And that, my friend, is likeability.

\*[www.womenshealthmag.com/life/meaning-of-a-smile](http://www.womenshealthmag.com/life/meaning-of-a-smile)

## Key #5—Smile Quiz



Answer these questions.

1. When I smile at someone, they think I am:
  - a. Welcoming them
  - b. A more attractive person
  - c. A trustworthy person
  - d. A likeable person
  - e. All of the above
  
2. If I smile, people will:
  - a. Hold their nose and walk away.
  - b. Smile back at me—their brains are hard-wired to do that from birth.
  - c. Do nothing.
  
3. Even mini-smiles can trigger a smile on the other person. In fact, to make someone smile, my smile can be as short as:
  - a. An hour (and, boy, my cheeks hurt!)
  - b.  $\frac{1}{2}$  of a minute
  - c. 4/100's of a second (and, baby, that's fast!)
  
4. A smile (Key #5) helps strengthen Key #4 (Being Positive).
  - a. True
  - b. False

## Smiling—The Simple Six



So, how do you smile more? Try these six simple tricks.

-  **Practice.** Remember when you used to make faces at yourself in the mirror? Do it again! Smile at yourself and make that grin win!
-  **Note that.** In the beginning, put notes around to remind yourself to smile—on your phone, notebook, mirror, etc.
-  **Copy cat.** Watch the smiley people you know and note when they smile. Then copy their pattern.
-  **Set triggers.** Choose several words that can trigger a smile. Good choices are: hello, good-bye, thank-you, and yes.
-  **Greet strangers.** Smile at strangers. Do it in a safe place like school or church. But, greet strangers with a smile and see how approachable that makes you.
-  **Fake it 'til you make it.** It may feel weird to do all this smiling at first, but keep doing it and soon it will be a natural part of your new—more likable—self.

## Smiling—The Simple Six



So, now let's practice the Simple Six. Use the chart below to smile according to each trick and record what happens.

Trick	Who I smiled at	How they responded
Practice	Me	
Note that		
Copy cat		
Trigger		
Stranger		
Fakin' It		

Note: Each trick is worth  $\frac{1}{2}$  point for grading purposes.