**Informative Speech Outline**

**Topic:** Why smiles are contagious

**General Purpose:** To inform

**Specific Purpose:** To inform my audience about the reason of smile being contagious

**Thesis:** Smile is an expression of good emotions that can uplift a soul who in turn passes that energy to other one surrounding to him as well.

1. **Introduction:**

**Attention Getter:** Please Smile! It costs you nothing. But everybody around you feels better because as per science theorem they would consciously or unconsciously smile with you as well.

**Reason to listen:** Let's pick aside the topic smiles are contagious & discuss the benefits of smiling. If you can get the benefit of no expense, then I think we should not ignore it. Then, let us smile a bit, be happy & discuss if its contagious or not.

**Credibility Statement:** I am not an expert on the mentioned topic, but for the speech, I  spent a good time searching on smiling, its effects, effectiveness, etc. I have gone through several papers, reports etc. regarding share with you about the mentioned topic. Though I am not an expert, hopefully, you won't be bored listening to me rather might know something new and exciting.

**Thesis Statement:** The central fact I will discuss with you are these three most important things that I listed choosing from a lot of others are the importance of smiling, its contagiousness, and finally, I'll provide some scientific explanation simply so that everybody can capture it with a big smile.

**Preview of Main Points:**

1. First, I'll talk about the benefits of smiling so that you agree with me to smile all through the speech from the very beginning.
2. Secondly, I'll tell you how it spreads from one to another.
3. And, finally, I'll share some scientific explanation of smiling being contagious.

1. **Body:**

**A**

Smiling helps us to boost our energy as well as some medical help like Reducing blood pressure, Increased endurance, Reduced pain, Reduced stress, Strengthened immune system, etc. Besides, it appears that individuals who smile usually show up more amiable, considerate and competent. Smilers tend to be more beneficial at work and make more output.

So, my audience do you need to extend your daily smile normal to require advantage of these benefits? The primary step is simple; begin your day with a smile.

So, lets' smile a bit now and make the upcoming part better and lets us see if it becomes more interesting or not.

**B**

Look here I am smiling a lot of you are also smiled. So, I can say its proved already smiles are contagious. But, I am not ending up here instead of going a bit further and sharing one experiment idea with you that you ownself can found out quickly if smiles are contagious or not. It knows as Post-It-Note Challenge. The idea is to gather 10-20 colourful post-it notes and write down people, places or things that make yourself smile. Stick the post-it-notes someplace you'll see every morning to start your day. Show all of them to your known people. You'll see that 85% of them would bring a smile to those people who are not might even be related to your selected posts. Is not it interesting that not even the smile but reason of smile also spreads smiles from one to another? A study that can test this and has been used in testing this is having a person walk by a certain number of people flashing them a smile and see if they smile back, then record this information. Then have a person walk by the same number of people not smiling and see how many people smile to this person. Usually, what researchers find is that more people smile when they see someone smiling at them.

**C**

Finally, everybody knows we have neuron cell in our brain to transfer and generate feelings. When we smile, we activate neurons in the brain that fire a synchronizing feature. Therefore, you'll notice that one smile of you will lead to extra smiles, not just for you, but for those around you what actually happened at the beginning of the speech. Agreeing to social clinicians at the College of Wisconsin, individuals frequently fortify their facial expressions to interface with another individual emotionally. The orbitofrontal cortex which actually sits on top of our eye sockets and is found in front of the brain which has control over our emotions and memory. It plays a role when a person smiles in response to someone else smiling. Therefore, when one sees someone else smiling, their orbitofrontal cortex is activated, which processes sensory rewards. So when a person catches someone else smiling, they feel rewarded and smile back because of the positive feeling.

1. **Conclusion:**
2. **Review of Main Points:**

* Today I first discussed the importance of smiling
* Secondly, I discussed a real-life experiment procedure to see if smiling is contagious or not.
* And thirdly I discussed the scientific explanation of why smiling is contagious.

1. **Restated Thesis:**

Smiling has a positive impact on everything say relationship, working sector, soul betterment which also is a way of transferring happiness as well.

1. **Closure:**

Smiling spreads positive vibe. Havit of spreading happiness and being happy with a lot of benefits for your own self at the same time should be taken. So, in this high time of the pandemic situation lets spread some good infectious object.

 Smile!

References

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