

SMILES



When you run activities, try to make **SMILES** for every child.

S	Safe	Everyone is safe and feels safe.
M	Maximum participation	Everyone is involved as much as they want to be.
I	Included	Everyone can take part.
L	Learning	Everyone learns different skills (not just physical).
E	Enjoyment	Activities match what people are interested in.
S	Success	Everyone feels pleased with themselves.

Practical examples

S	- You give clear instructions, so everyone knows what to do. - You do not let anyone judge or bully each other.
M	- No one must wait a long time to have a go. - Everyone can play, stop or rest when they want to.
I	- You focus on what people can do – not what they can't do. - You use STEP to adapt your activities.
L	- You encourage everyone to set their own challenges/goals. - You help everyone to learn other skills, like teamwork.
E	- You find out what participants like most during activities. - You put having fun first.
S	- You celebrate joining in and having a go – not just winning. - You celebrate when each person gets better at something.