The story

People in Japan have been taking lessons on how to smile again.

The law's now changed so you don't have to wear a mask any more. But many people have complained they've forgotten how to smile.

'Smile coaches' have been helping people to get used to smiling again.

Key words and phrases

grin
a big smile

- Why have you got that grin on your face? What's made you so happy?
- After the teacher caught her, she had a sheepish grin on her face.

ditches
throws away

- No-one liked the plan, so we ditched it!
- My old laptop was terrible, so I ditched it for a new one.

life after
a future without

- Life after college is going to be hard. You need to study.
- I thought life after teaching would be hard – but I find work much easier now.