

# Wheel of Well-being Smile Wall



*"If you see someone without a smile today, give 'em yours" — Dolly Parton*

## Overview

A Smile Wall is a colourful display where people can answer one simple question: “What makes you smile?” Using sticky notes, share uplifting messages, personal stories, and little moments of happiness.

## Here's What Makes Me *Smile*



## Instructions

- **Build your Smile Wall** using colourful sticky notes, markers, and a display board.
- **Invite your community** to share what makes them smile.

## Why do this?

Smiling benefits your health by releasing mood-boosting brain chemicals like dopamine and serotonin, which can also reduce stress and pain. It also improves your social and professional life by making you more approachable, trustworthy, and attractive, and can even help you live longer. Smiling is a universal, positive signal that creates connection and can improve productivity and confidence, making your life more enjoyable



Wheel of Well-being is owned by South London and Maudsley NHS Foundation Trust (SLaM) and is licensed under a Creative Commons Attribution Non-Commercial Share-Alike 4.0 International License. Information on this license is available at [www.creativecommons.org/licenses/by-nc-sa/4.0](http://www.creativecommons.org/licenses/by-nc-sa/4.0). Adaptations need to follow brand guidelines available at [www.wheelofwellbeing.org/brand](http://www.wheelofwellbeing.org/brand) and be signed off by SLaM. For permissions beyond the scope of this license contact [hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org).