



WHAT MAKES YOU SMILE?

BBC Headroom is exploring what makes you smile.

Is it reading a favourite book, sharing a joke with a friend or having a cup of tea with gran?

A smile is marvellous medicine for the mind. Smiling can make you feel happier, look more attractive, appear healthier and even change your mood. And, best of all, smiles are contagious...

Share what makes you smile at BBC Headroom.



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