

# Kalmer & DOSE

DOPAMINE OXYTOCIN SEROTONIN ENDORPHINS

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS JULY 2022

## DOSE

DOPAMINE OXYTOCIN SEROTONIN ENDORPHINS

### SUMMER HOLIDAY ACTIVITY PACK

[WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK)

FILLED WITH ACTIVITIES TO HELP  
BOOST HAPPY HORMONES AND  
MANAGE MENTAL WELLBEING  
DURING THE SCHOOL HOLIDAYS

**WEEK 1**

WHAT WILL I DO TO MAKE MY WEEK GREAT?

WHAT AM I GRATEFUL FOR THIS WEEK?

WHAT THREE THINGS ARE YOU GOING TO DO THIS WEEK TO LOOK AFTER YOU?

WHAT MADE ME HAPPY THIS WEEK?

WHAT COULD I DO FOR SOMEONE ELSE THIS WEEK?

**WEEK 2**

### BOOST YOUR HAPPY HORMONES

IN WEEK TWO OF THE HOLIDAYS, YOU ARE STARTING TO ADJUST TO BEING OUT OF SCHOOL. THIS IS A GOOD WEEK TO HAVE A CLEAR OUT. TIDY OUT YOURS, SORT OUT OLD TOYS, COMPLETE ANY OF THESE TASKS BOOSTS OUR HAPPY HORMONES DOPAMINE. REMEMBER TO KEEP TO A SLEEP ROUTINE AS THIS BOOSTS YOUR HAPPY HORMONE SEROTONIN AND HELPS YOUR BODY RECALIBRATE.

TRY THESE DAILY HAPPINESS BOOSTS THIS WEEK

IT IS IMPORTANT TO FOCUS ON YOUR OWN HAPPINESS EVERY DAY.

MONDAY	HAVE AN EARLY NIGHT
TUESDAY	TRY YOUR WORKING
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

**DOSE** CHECK OUT OUR WEBSITE [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK) FOR MORE FREE ACTIVITIES

### PLAY THE GRATITUDE GAME

START EACH DAY WITH A Grateful HEART

WORK YOUR WAY AROUND THE BOARD GAME ANSWERING EACH QUESTION AND FEEL YOUR HAPPY HORMONES RUSH THROUGH YOUR BODY.

WHAT IS YOUR FAVOURITE PLACE TO VISIT?	WHAT IS YOUR FAVOURITE PROPERTY?	WHO IS THE PERSON WHO MAKES YOU LAUGH THE MOST?	WHAT IS SOME THING YOU LOVE ABOUT YOURSELF?	WHAT IS THE kindest THING SOMEONE HAS SAID FOR YOU?	WHICH COULD YOU BE MOST GRATEFUL FOR?
WHEN DID YOU LAST FEEL BRAVE?	WHAT CAN YOU DO REALLY WELL?	WHAT IS YOUR FAVOURITE THING ABOUT YOUR HOUSE?	WHO IS YOUR BEST FRIEND AND WHAT IS SPECIAL ABOUT THEM?	WHAT IS YOUR FAVOURITE THING ABOUT THIS SEASON?	WHAT IS YOUR BEST SKILL?
WHO MAKES YOU FEEL LOVED AND HOW?	WHO DO YOU LOVE ABOUT YOUR FAMILY?				

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The team at DOSE Magazine and Kalmer Counselling have created an activity pack designed to boost happy hormones over the summer holidays. We start with an introduction to explain happy hormones Dopamine, Oxytocin, Serotonin and Endorphins. The activities include journal pages with prompts, weekly happiness planners, games, family time tasks, happy recipeasy dishes and happy animal yoga. Children can find the change to routine difficult which may effect the way they think feel and behave. Empowering them to manage their happy hormones helps with emotional regulation.

Visit the DOSE Magazine website to download your FREE activity pack.

[www.dosemagazine.co.uk/resources](http://www.dosemagazine.co.uk/resources)

