

Kalmer & DOSE

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

SPRING INTO HAPPINESS



100 WAYS TO BOOST YOUR HAPPINESS THIS SPRING

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GOOD MORNING AFFIRMATIONS



This activity helps us to take charge of our mindset and emotional state. By saying out loud the positive affirmation each morning we then think positive thoughts and trigger our happy hormones.



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NEW BEGINNINGS

This activity helps us get back into nature whilst nurturing our growth mindset. As the weather gets warmer and new life begins to emerge, we can see how amazing the world around us really is.



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ATTITUDE OF GRATITUDE

This activity helps us to take notice of all the good things we have in our life to be grateful for, no matter how small. By doing this each night we can positively change our mood by boosting our happy hormones which will help induce a good night's sleep.



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HAPPY ANIMAL YOGA

Moving and stretching your body releases your happy chemicals and makes you feel great. The more you practice the better you feel.



RAINBOW BISCUIT BITES

METHOD

- ADD THE FLOUR, BAKING POWDER, SALT, ICING SUGAR AND GRANULATED SUGAR AND MIX IN THE FOOD MIXER AND MIX FOR A MINUTE OR TWO
- CUT THE BUTTER INTO CUBES AND ADD IT TO THE MIXER AND MIX UNTIL THE MIXTURE BECOMES CRUMBLY
- ADD THE VANILLA EXTRACT - THE MIXTURE SHOULD FORM A BALL
- SPERATE INTO 6 SEPARATE BALLS GETTING BIGGER EACH TIME
- PUT EACH BALL BACK INTO THE MIXER WITH THE PADDLE ATTACHMENT AND ADD 1 TEASPOON OR 4 DROPS OF THE FOOD COLOURING AND MIX UNTIL THE COLOUR IS BOLD
- ROLL THE CENTRE COLOUR INTO A LONG THIN SAUSAGE
- THEN ROLL OUT THE NEXT COLOUR AND WRAP AROUND THE SAUSAGE, REPEAT THIS WITH ALL THE COLOURS
- PUT IN RAINBOW ROLL INTO THE FREEZER FOR 30 MINUTES
- CUT THE ROLL INTO HALF-INCH COOKIES, THEN CUT IN HALF TO MAKE TWO RAINBOWS
- PLACE ON BAKING PAPER AND ONTO AN OVEN TRAY AND BAKE FOR 12-15 MINUTES AT 170°C



INGREDIENTS

- 350G PLAIN FLOUR
- 1/2 TEASPOON BAKING POWDER
- 1/4 TEASPOON SALT
- 100G ICING SUGAR
- 100G GRANULATED SUGAR
- 230G BUTTER
- 2 TEASPOONS VANILLA EXTRACT
- 1 TEASPOON EACH COLOR FOOD GEL

UTENSILS

- WEIGHING SCALES
- FOOD MIXER
- FOOD BAGS
- ROLLING PIN
- PLATE

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