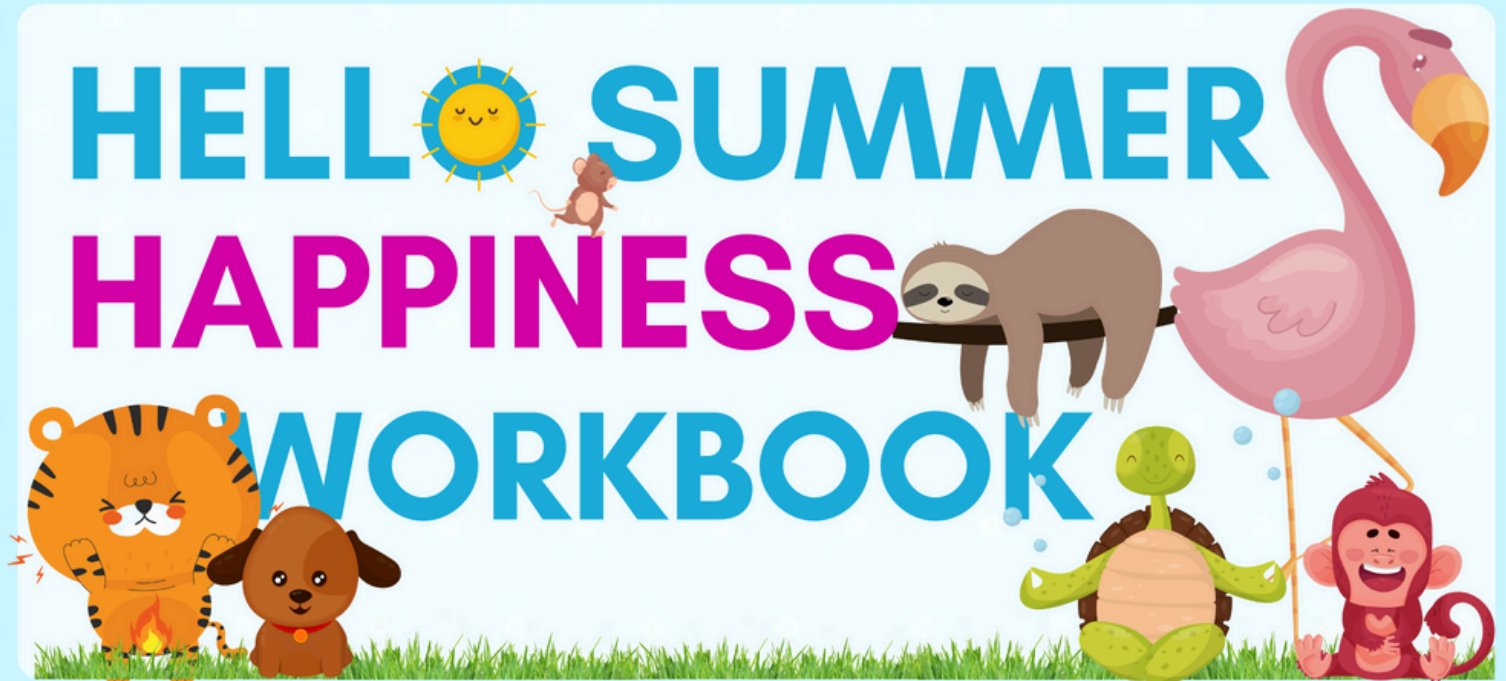


Kalmer & DOSE

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



DOWNLOAD YOUR SUMMER HAPPINESS
WORKBOOK FOR FREE FROM OUR WEBSITE
WWW.DOSEMAGAZINE.CO.UK



THE HAPPINESS RAINBOW

Create a positive morning routine for children to build
resilience and start the day looking for the positives.

[DOWNLOAD NOW](#)

WORRY BRACELETS

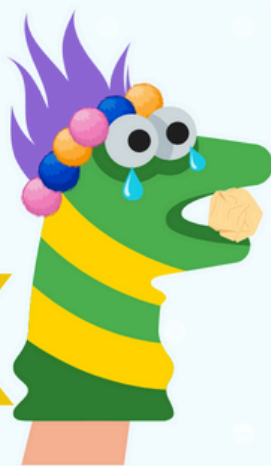


We all feel worried sometimes and that is okay. Worry isn't all bad, it can be helpful and act as a signal of caution. It can be a natural response to a big event, change, or challenge.

A worry bracelet not only helps to distract from worry while you are making it but can also be comforting when you wear it.

[DOWNLOAD NOW](#)

SAD SOCK PUPPET



Make a sock puppet and feed it all the things that make you feel sad. Your sock puppet is always hungry and feeds on all of the things that make you feel sad.

[DOWNLOAD NOW](#)

BREATHE LIKE THE SEA

Teach children to use their breathwork to control the feelings in their bodies and manage their emotions.

[DOWNLOAD NOW](#)



YOUR EMOTIONAL INTELLIGENCE CHARACTERS



HAPPY PUPPY



SAD SLOTH



ANGRY TIGER



EXCITED MONKEY



WORRIED DONKEY



CONFUSED ZEBRA



CALM TURTLE



CONFIDENT FLAMINGO



SCARED MOUSE

Think of your emotions as characters, each has a different personality and makes you feel a certain way. Each character can be managed if they are understood.

DOWNLOAD NOW



**HI I'M DR. DOPAMINE
DR. DO TO MY FRIENDS**

I AM YOUR **REWARD CHEMICAL**, I CELEBRATE EVERY WIN & MAKE YOU FEEL A SENSE OF ACHIEVEMENT. I KEEP YOU EAGER TO LEARN AND EXPLORE NEW THINGS. KEEP ME TOPPED UP WITH SELF CARE ACTIVITIES

**HI I'M ROXY
OXYTOCIN**

I AM THE LOVE AND **RELATIONSHIP** HAPPY HORMONE. I MAKE YOU FEEL LOVED & SECURE. TOGETHER WE WILL BUILD BONDS.



**HI I AM STEADY
FREDDIE
SEROTONIN**

I AM A **MOOD STABILISER**, WHO HELPS YOU FEEL MORE GROUNDED, FOCUSED CALM AND GENERALLY HAPPIER



**HI I'M ENDORPHIN... CALL
ME ENDO FOR SHORT**

I AM RESPONSIBLE FOR **CHILLING YOU OUT**, I AM A NATURAL PAIN KILLER AND HELP **REDUCE** LEVELS OF **STRESS** AND **ANXIETY**



**YOU CAN FIND ALL OF OUR FREE
RESOURCES AT;**

WWW.DOSEMAGAZINE.CO.UK