

# HELL<sup>☀</sup> Summer

## HAPPINESS WORKBOOK







# DOSE MAGAZINE

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



A hub of happiness to empower children to use happy hormones **DOSE** to manage their emotions & mental wellbeing



## DOPAMINE

I am Dr Do 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.



## OXYTOCIN

I am Roxy, the love and relationship happy hormone. I make you feel loved & secure. Together we will build bonds with others.



## SEROTONIN

I am Steady Freddie, I am a mood stabiliser, who helps you feel more grounded, focused calm and generally happier.



## ENDORPHINS

I am Endo, I am responsible for chilling you out, I am a natural pain killer and help reduce levels of stress and anxiety.

All of the resources are **FREE**, so take what you need, **share** because you care and together let's move towards a **happier** tomorrow  
**[www.dosemagazine.co.uk](http://www.dosemagazine.co.uk)**





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



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# EMOTIONAL INTELLIGENCE







# WHAT IS EMOTIONAL INTELLIGENCE?

Emotional intelligence means understanding your feelings and knowing how to handle them in a good way. It's like being a feelings detective who can figure out why you are feeling the way you are. All of our emotions are important, there are ones that make us feel good and others that can make us feel uncomfortable, but all of them are there for a reason.

When you have emotional intelligence, you can talk about your emotions with others, which helps you get along better with friends and family. It also means you can understand how others feel, so you can be kind and help them when they need it. By knowing and managing your feelings, you can make better choices and feel more in control, even when things might feel tough.





# 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.





# HAPPY PUPPY



Joyful, Valued, Playful,  
Creative, Hopeful, Cheerful,  
Loving, Interested, Confident.

Just like a puppy with a wagging tail you see all the good things around you, you are energetic and motivated. You can yelp with joy and you spread so much happiness to those around you. You have an open mind and think positively, often jumping around as you go.

WHAT MAKES YOU FEEL HAPPY?





# THE HAPPINESS RAINBOW

You are in control of your own happiness. Each morning when you wake up you can choose to do things that make you feel happy...

The happiness rainbow is an activity you can do as soon as you wake up on a morning.

As soon as you wake up each morning, sit up in your bed and put your hands together as if you are praying.

Start by saying Thank you!

Then you are going to create a happiness rainbow...

Like a rocket ship take your two hands that are pressed together and shoot them into the sky, when they are reach as high as you can go, bring both hands down to the bed making a rainbow shape above your head.

As you do the first rainbow shape think about the colour red and one thing that makes you happy, this might be one of your friends that plays with you, or it might be the thought of riding your bike or it could be that you are excited to go on holiday. Do a big smile.

Then do the same action again, this time think about the colour orange and one more thing that makes you happy. Repeat this action for each colour of the rainbow. After each colour do a big smile.





# THE HAPPINESS RAINBOW

Here are some examples of things you could use when creating your happiness rainbow....

**MY MAM MAKING ME BREAKFAST**  
**SPORTS DAY ON TUESDAY**  
**PANCAKES AFTER SCHOOL**  
**FOOTBALL AT BREAK TIME**  
**SLEEPOVER AT GRANDMAS**  
**MY NEW MAGAZINE**  
**PLAYDATE AT MY BEST FRIENDS**





# THERAPEUTIC INSIGHT

**ACTIVITY:** The Happiness Rainbow

**OBJECTIVE:**

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

## INSIGHT FROM A PSYCHOTHERAPIST

Children engaging in this physical activity as their first-morning task offers significant therapeutic benefits. This activity combines physical movement with mental focus, promoting both physical and emotional well-being. The act of painting an imaginary rainbow encourages children to start their day with creativity and imagination, which can boost their mood and energy levels. Associating each colour with a positive thought helps cultivate a positive mindset, reinforcing optimism and gratitude from the beginning of their day. This practice can enhance emotional regulation by helping children develop a habit of identifying and focusing on positive aspects of their lives, which can reduce anxiety and improve overall mental health. Additionally, this routine can provide a sense of structure and predictability, offering children a comforting ritual each morning.

## HAPPY HORMONES:



Triggers all of the happy hormones giving a full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness



N.B For Neurodiverse children mimic the actions and help them name happy things to associate with their colours.

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# SAD SLOTH



Lonely, Tired, Guilty, Hurt, Bored, Vulnerable,  
Disappointed, Exhausted, Powerless,  
Regretful, Ashamed.

Like a sad sloth you may feel low, like you don't want to do anything and just be on your own in a quiet place. Being sad is often exhausting, can make you feel deflated and sometimes like you could cry. You may feel powerless and feel like you need to lie around like a sloth. This is often a difficult feeling and you might need a cuddle.

WHAT MAKES YOU FEEL SAD?



# 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.

## MAKE YOUR SAD SOCK PUPPET

Take an old sock and stick on two googly eyes. Decorate your sock puppet with your choice of pipe cleaners, pom poms and felt. You can use wool to add hair, buttons to create a nose or sequins to jazz up your puppet.



**I feel sad when  
my friends  
don't want to  
play with me**

**I feel sad when my  
Mam has to work  
and can't put me  
to bed**

**I feel sad because  
my grandma is in  
hospital**

Any time you feel sad, write down the things that are making you feel that way on pieces of paper.

Crumple the paper up and feed them to your sock puppet.

Your sock puppet friend will eat up all the things that are making you feel sad.

## YOU WILL NEED;

- An old sock
- Googly eyes
- Pipe cleaners
- Wool
- Pom Poms
- Felt
- Glue
- Buttons
- Sequins







# THERAPEUTIC INSIGHT

**ACTIVITY:** Sad Sock Puppet

**OBJECTIVE:**

To create an outlet for a child to manage the healthy emotion of sadness.

## INSIGHT FROM A PSYCHOTHERAPIST

Making and using a sock puppet to help children manage sadness can be a powerful therapeutic intervention. This technique allows children to think about what is making them feel sad. By writing down the things that make them sad they are able to externalise their emotions which they can then feed to the puppet. This provides a concrete and imaginative way to express and process their feelings.

This method helps children articulate their emotions, which is often difficult for them to do directly. By associating their sadness to the puppet, children can gain a sense of control over their emotions, reducing feelings of overwhelm and helplessness. The act of nurturing the puppet also encourages empathy and self-compassion.

The sock puppet serves as a valuable tool in helping children develop emotional regulation skills and resilience, leading to improved mental health and well-being.

## HAPPY HORMONES:



The Dopamine is boosted by the child using their creativity and



imagination, the oxytocin is boosted by creating a friend and the



endorphins are released to relieve the feelings of pain.



N.B For Neurodiverse children help them to create their puppet and identify those things that they feel sad about.

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# ANGRY TIGER



Rage, Annoyed, Frustrated, Selfish, Agitated, Irritable, Hateful, Critical, Jealous, Betrayed, Outraged.

Being angry makes you feel like you want to growl like a tiger, letting everyone around you know to back off. You may be snappy and irritable, like a tiger with the other animals. You can be nasty and hateful when you feel angry and often do selfish things, not thinking about how it will effect others. You can be hard on yourself and others.

WHAT MAKES YOU FEEL ANGRY?





# TAME THE TIGER

Anger is a normal emotion we all feel from time to time. It is an important emotion as it helps to empower us into action. That is why we need to try to stay in control of it.

Inside of all of us there is a little fire but we need to make sure the fire is kept under control and doesn't explode.

In order to manage the fire inside of us we need to tame the tiger. We don't want to put the fire out but make sure we tame it so it always has a little glow.

To Tame the tigers fire we have to think about all those things that will help us to cool down and feel chilled.



# TAME THE TIGER



What 3 things can you do each day to keep your fire under control?



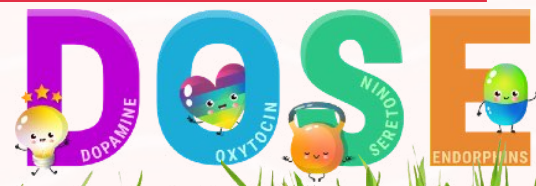
1.

2.

3.



When you start feeling very angry, what is one thing could you do to cool yourself down and chill out tigers fiery flames?







# THERAPEUTIC INSIGHT

**ACTIVITY:** Tame the Tiger

**OBJECTIVE:**

To teach children that anger is a normal emotion that everyone feels from time to time. It also highlights that it is important to manage our anger and have the necessary tools to tame their fiery flames should we need too.

## INSIGHT FROM A PSYCHOTHERAPIST

Managing anger in children offers significant therapeutic benefits. When children learn to control their anger, they develop essential emotional regulation skills that contribute to their overall well-being. Effective anger management techniques help children understand and express their feelings in constructive ways, reducing the risk of aggressive behaviour and improving their interpersonal relationships.

This process also enhances their problem-solving abilities and self-esteem, fostering a sense of empowerment and resilience.

By addressing anger early in children it can prevent the development of stress and anxiety, leading to better mental health outcomes.

Ultimately, the ability to manage anger equips children with the tools they need to navigate challenges and build more positive healthier life skills.

## HAPPY HORMONES:



Triggers a DOSE of our happy hormones  
Dopamine and  
Endorphins



N.B. For Neurodiverse children help them identify things that help to bring a sense of calm.

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# EXCITED MONKEY

Ecstatic, Surprised, Amazed, Animated, Delighted, Giddy, Thrilled, Energetic, Motivated, Enthusiastic.

Can you imagine a room filled with excited monkeys? It's going to be loud and fast-paced, this is what excitement feels like. You feel energetic and motivated to move and carry out tasks. You love playing with friends and have so much energy that people around you can't help but smile and feel your excitement.

WHAT MAKES YOU FEEL EXCITED?





# DANCE LIKE AN EXCITED MONKEY

Feeling excited is a great feeling but it can often make us feel like we have too much energy stored up in our bodies. The feeling in our body when we are excited is very similar to the feeling we get when we are nervous. The best way to deal with excited energy is to dance the extra energy out of our body. This makes us feel happy.



1. Put on your favourite music
2. Make up a dance routine – the funnier the better – think like a monkey and really move your body no matter how silly it feels or looks
3. Sing along to your favourite songs as you dance like no one is watching





# THERAPEUTIC INSIGHT

**ACTIVITY:** Dance like a monkey

**OBJECTIVE:**

Moving and stretching your body through dance releases your happy chemicals and makes you feel great.

The more you practice the better you feel.

For a double dose of happiness try them outside.

## INSIGHT FROM A PSYCHOTHERAPIST

Dance has an amazing impact on our body and minds. It can improve flexibility, strength, and mental health. As we dance our heart beats faster meaning our blood circulation increases which is great for the body. It also helps relieve stress, inflammation and anxiety by releasing tension in our bodies. It does all of this whilst boosting our happy hormones.

Dance brings creativity, expression, fun altogether in one activity and helps children feel confident. It can also improve memory and cognitive function while increasing self-esteem.

## HAPPY HORMONES:



Triggers all of the happy hormones giving a full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness



N.B. Neurodiverse children may be hypersensitive to noise so you could have a silent disco instead.

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# WORRIED DONKEY



Unworthy, Insecure, Anxious, Stressed, Concerned, Nervous, Apprehensive, Uneasy, Tense, Hide Away.

Eyore is a worried Donkey who focuses on bad things that could happen. Like a worried donkey you might not feel good enough and be concerned about the future. You might not think you will be able to do things others can which makes you worried about even giving them a go. When you are worried you are often tense and feel on edge.

WHAT MAKES YOU FEEL WORRIED?



# 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.



Choose the beads you like most, you can use any colour, shape or charms.

Take your time and thread your beads onto your string, elastic or pipe cleaner. You can make a pattern with your beads or thread them randomly.

Every time you thread a new bead onto your bracelet think about something that makes you feel happy, makes you laugh or you are grateful for.

Wear your happy bracelet and every time you feel worried, touch each bead and remember the things that make you happy.



Make an extra one for a friend and share the happiness.

## YOU WILL NEED;



- String, elastic or pipe cleaner
- Scissors
- Coloured beads







# THERAPEUTIC INSIGHT

**ACTIVITY:** Worry Bracelet

**OBJECTIVE:**

Make a worry bracelet activity helps a child to see the positive feelings they can evoke to help combat the negative feelings of worry. They then have a physical object they can easily wear and touch under their clothing to remind them throughout the day.

## INSIGHT FROM A PSYCHOTHERAPIST

When a person feels worried it's really important to create a distraction that will stop the negative thought process. This activity helps to do this by having something to physically touch, but also to remind them of the positive feelings they can control to change their mindset.

Therapists use this within their practice to help empower children, to remind them of things they can do ease their worry and give them instant access to a physical strategy they can use.

Making and gifting a worry bracelet to a friend or family member will also boost Oxytocin the love hormone.

## HAPPY HORMONES:



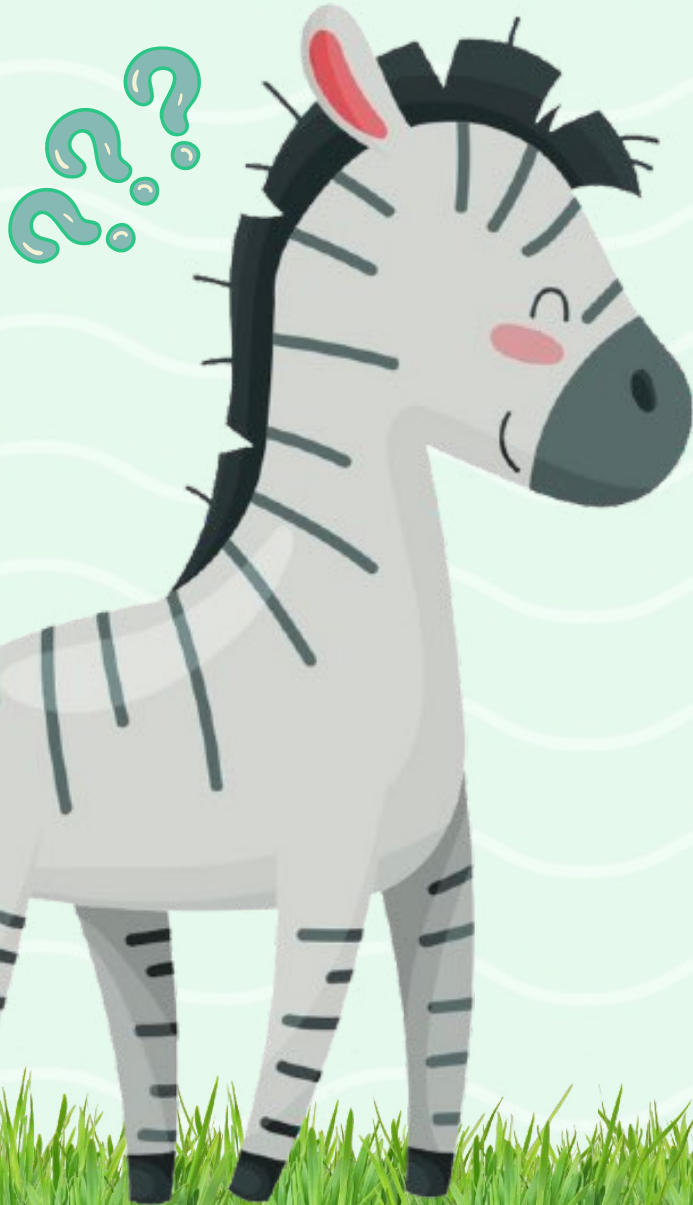
Triggers all of the happy hormones giving a full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness



N.B For Neurodiverse children use materials that are soothing for them on a sensory level

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# CONFUSED ZEBRA



Unsure, Bored, Embarrassed, Uncertain, Lost, Indecisive, Troubled, Conflicted, Numb, Nothing, Mixed Up.

A Zebra has the stripes of a tiger but the body of a horse, which is rather confusing. You might feel confused about a lot of things, from why you feel the way you do, to what will make you feel better. Being confused might make you feel lost, lonely or a little frustrated. When you are confused, you might mistake this for feeling nothing.

WHAT MAKES YOU FEEL CONFUSED?





# CONFUSION JOURNAL



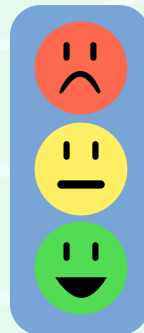
Create a confusion journal by printing off the following page or designing your own pages.

Every time you feel confused by something write it down in your journal, this helps you think about the thing that confuses you.

Think about who you could talk to about what is confusing you. Could you talk to a teacher, your parents or grandparents?

How does this confusion make you feel?

Do you feel frustrated and want to know the answers urgently or does it feel exciting and you are interested in the answers?



I FEEL FRUSTRATED

I FEEL OKAY

I FEEL CURIOUS

Colour in the traffic light on your journal using the right colour.

Once you have spoken to someone and no longer feeling confused, write an explanation as to why you don't in your journal. This shows there is always a solution or answer when feeling confusion.



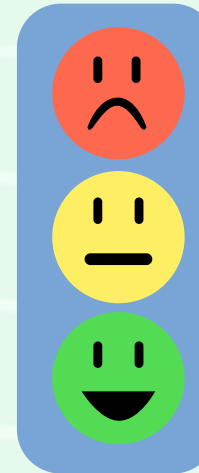
# CONFUSION JOURNAL

I AM CONFUSED ABOUT...

WHO COULD I TALK TO ABOUT THIS?

NOW I AM NO LONGER CONFUSED BECASUE...

HOW DOES THIS MAKE YOU FEEL?

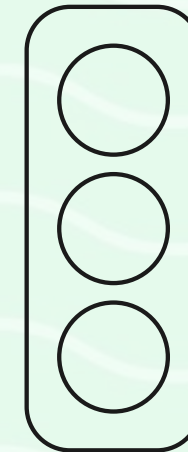


I FEEL FRUSTRATED

I FEEL OKAY

I FEEL CURIOUS

COLOUR IN THE TRAFFIC LIGHT  
USING THE COLOUR FROM ABOVE







# THERAPEUTIC INSIGHT

**ACTIVITY:** Confusion Journal

**OBJECTIVE:**

To create a safe space for children to express the things that are confusing them.

## INSIGHT FROM A PSYCHOTHERAPIST

Writing down the source of their confusion helps children process their thoughts, making the issues more tangible and less intimidating. This reduces the risk of the worry becoming bigger and unmanageable. This process encourages problem-solving and critical thinking as they consider who might help them understand better. Identifying trusted individuals they can turn to promotes a sense of social support and security, reinforcing that seeking help is a positive and pro-active step. Revisiting their entries to write down the answers or solution once they have them is equally important. This practice reinforces the idea that confusion is temporary and that solutions are attainable, promoting a growth mindset. It helps children see their progress and understand that with effort and support, they can overcome challenges. This can significantly boost their confidence and resilience, as they learn that problems have solutions and that they have the capability to find and understand these solutions over time.

## HAPPY HORMONES:



The Dopamine is boosted by the child using their problem solving skills and journalling , the oxytocin is boosted when asking another person with help and endorphins are released to relieve the feelings anxiety that might be associated with confusion.



N.B For Neurodiverse children ask them to draw it instead and use the traffic lights as a visual aid.

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# CALM TURTLE



Valuable, Worthy, Peaceful, Mellow,  
Thoughtful, Secure, Thankful,  
Accepted, Relaxed, Content.

The Calm Turtle is content in his own shell. You feel valuable and worthy which makes you feel secure. It is a nice feeling and you are thankful that you are so calm.

You take your time like a turtle and move at your own pace as you are very relaxed and at ease.

WHAT MAKES YOU FEEL CALM?





# BREATHE LIKE THE SEA

Imagine you are standing on the beach, with your feet in the water, looking out to sea. You can see the waves coming towards you the water quickly covers your feet, but then just as quickly returns.

Imagine your breath could control the sea, as you breathe in the waves are pulled towards you and as you breathe out you are pushing the water back towards the deep sea.

Breathe in as deeply as you can pulling the water towards you, then slowly push the water back with your breath. Be sure to breathe out for longer than you breathe in. Do this ten times.





# THERAPEUTIC INSIGHT

**ACTIVITY:** Mindful Breathing

**OBJECTIVE:**

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

## INSIGHT FROM A PSYCHOTHERAPIST

Deep breathing is a miraculous healing exercise. It informs our body that we can relax by triggering the part of the nervous system that is responsible for this.

Breathing relaxes the body, refocuses the mind, reduces stress and anxiety, lowers the heart rate, and increases the body's oxygen levels.

You can actually feel it calm you down and tame the racing mind helping us to slow down and become more mindful. The outcome of which would be more regulated behaviours expressed by our children.

## HAPPY HORMONES:



Deep breathing releases dopamine and endorphins



N.B For Neurodiverse children use something that you know they will easily connect with e.g. blowing bubbles/blowing pin wheels/smelling nice objects.

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# CONFIDENT FLAMINGO

Strong, Powerful, Motivated, Proud, Successful, Positive, Bold, Aware, Empowered, Appreciated, Important.

The Flamingo stands proud, with its bright feathers and long legs it stands out and loves to show off its fabulous appearance. Like the flamingo, you are bold and powerful which makes you feel and act confident. You appreciate other people being proud of you as you are proud of yourself. You feel strong and can take on challenges.

WHAT MAKES YOU FEEL CONFIDENT?



# GOOD NIGHT AFFIRMATIONS



Each night say out loud three positive affirmations 10 times before going to sleep.



**"TODAY WAS A GOOD DAY"**

**"I DID MY BEST TODAY"**

**"I WAS A KIND PERSON TODAY"**







# THERAPEUTIC INSIGHT

**ACTIVITY:** Affirmations

**OBJECTIVE:**

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

## INSIGHT FROM A PSYCHOTHERAPIST

Affirmations are positive verbal statements that we rehearse each day to help shift our negative thinking to positive. By doing so we trigger our happy hormones which in turn boosts our mood and can calm our internal state. This can help to build our levels of resilience and quieten down our negative self talk. Enabling us to face challenges we might encounter during the day.

N.B For Neurodiverse children – Think of one affirmation and make it part of their daily routine. Associate this to something they already do each day. This could also be made into a visual cue card.

## HAPPY HORMONES:



Triggers all of the happy hormones giving a full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness



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# SCARED MOUSE

Terrified, Overwhelmed, Panicked, Frightened, Helpless, Fearful, Not good enough, Shaken, Threatened.

Like a scared mouse, you might shy away from situations or people, you may feel overwhelmed. You often feel panicked and would rather hide than put yourself in challenging situations. You are often frightened of things that do not scare other people. Sometimes you can feel helpless.

WHAT MAKES YOU FEEL SCARED?





# SHADOW HERO

Often when we feel scared it makes us feel small like a little mouse, but even a little mouse has a much bigger stronger looking shadow. This is our shadow super hero.

They are brave, and courageous and help us fight against those things that make us feel scared.

Think about your shadow super hero... what is their name?

- **Write down three things that make you feel scared**
- **Then write down what your shadow hero would do if they were faced with those things**
- **How would they tackle them?**
- **What tools would they use?**





# THERAPEUTIC INSIGHT

**ACTIVITY:** Shadow Hero

## OBJECTIVE:

Create an inner hero that is part of the child that can be nurtured and help them manage their fear, create a sense of empowerment and control.

## INSIGHT FROM A PSYCHOTHERAPIST

Creating an internal superhero to help children cope being scared or sad can be a highly effective therapeutic tool. This imaginative technique allows children to externalise their feelings from a new, empowering perspective.

By envisioning a superhero within themselves, children can draw on the strengths and qualities of their heroic persona to confront and manage their emotions and fears.

This approach encourages self-compassion and resilience, as children learn to identify and rely on their inner resources. Additionally, the superhero narrative provides a sense of control and hope, transforming feelings of helplessness into actionable strategies for emotional regulation. Engaging in this creative process also fosters a positive self-concept, enhancing the child's ability to face future challenges with confidence and optimism. Ultimately, the internal superhero serves as a bridge between imagination and reality, offering a safe and supportive framework for children to understand and overcome their fears.

## HAPPY HORMONES:



The Dopamine is boosted by the child using their creativity and



imagination, the oxytocin is boosted by creating a friend and the



endorphins are released to relieve the feelings of pain.



N.B For Neurodiverse children relate this to something or someone they might already have as a superhero figure in their lives e.g. Spiderman etc..

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# 100 WAYS TO BOOST YOUR HAPPINESS THIS SPRING

1. GIVE YOURSELF A HUG
2. BAKE A CAKE
3. GET OUT INTO DAYLIGHT
4. HAVE AN EARLY NIGHT
5. EAT A BANANA
6. LIST YOUR DAILY ACHIEVEMENTS
7. FINISH A TASK
8. CELEBRATE EVERY WIN
9. DELIVER AN EASTER EGG TO A FRIEND
10. TRY A NEW FOOD
11. READ A MAGAZINE
12. MAKE A LEGO HOUSE
13. TALK TO A FRIEND
14. LISTEN TO YOUR FAVE MUSIC
15. DRAW A SUPERHERO
16. LEARN A NEW YOGA POSITION
17. PRACTICE POSITIVE AFFIRMATIONS
18. GIVE A HIGH FIVE
19. MAKE A LIST OF WHAT YOU CAN SEE
20. EAT DARK CHOCOLATE
21. HUG SOMEONE
22. TRY A NEW SPORT
23. ASK A PARENT WHAT THEY LOVE ABOUT YOU
24. MAKE A SOCK PUPPET
25. DO A FUNNY DANCE
26. FIND A NEW HOBBY
27. COOK NEW RECIPES
28. DECORATE AN EASTER EGG
29. WRITE AN EASTER CARD
30. READ A BOOK
31. HAVE DIPPY EGGS AND SOILERS
32. SNACK ON SEEDS
33. DRINK MORE WATER
34. SHOW GRATITUDE
35. KEEP A JOURNAL
36. LISTEN TO UPBEAT MUSIC
37. DECLUTTER YOUR BEDROOM
38. GIVE THINGS TO CHARITY
39. THINK ABOUT WHAT WENT WELL
40. LOOK OUT FOR WILDLIFE
41. DANCE TO MUSIC
42. EAT FRUIT
43. SKIP OR HOP
44. CALL A FRIEND
45. SAY WHAT YOU FEEL
46. TALK IT OUT
47. PAINT A PICTURE
48. WRITE A SHORT STORY
49. SEE HOW FAST YOU CAN RUN
50. RIDE A BIKE
51. FIND A LADYBIRD
52. WATCH FAVOURITE FILM
53. TAKE A 20-30 MINUTE WALK
54. EAT PLENTY OF PROTEIN FOODS
55. MAKE POT POURRI
56. MAKE A MUD PIE
57. PAINT A STONE
58. TAKE A BOOK OUTSIDE TO READ
59. MAKE BIRD FOOD
60. LISTEN TO AN EXCITING AUDIOBOOK
61. MAKE A SCRAPBOOK
62. PAINT A PICTURE
63. MAKE SLIME
64. PAINT YOUR NAILS
65. BOUNCE A BALL
66. DO SPRINTS
67. PLAY CATCH
68. MAKE PLAY-DOH
69. HAVE A WATER FIGHT
70. HAVE A SILENT DISCO
71. JUMP ON A TRAMPOLINE
72. WATCH A SILLY VIDEO
73. DANCE IN THE RAIN
74. PLAY TWISTER
75. MAKE A POM POM
76. BLOW BUBBLES
77. PLAY A BOARD GAME
78. TIDY YOUR BEDROOM
79. PRACTICE MARTIAL ARTS
80. WATCH CUTE ANIMAL VIDEOS
81. GO TO THE PARK
82. APPLY A FACE MASK
83. CLEAR OUT YOUR SCHOOL BAG
84. USE ESSENTIAL OILS (JASMINE)
85. LOOK AT FAMILY PHOTOS
86. PLAY WITH AN ANIMAL
87. PPLAY CARDS
88. PLAY EYE SPY
89. EAT BREAKFAST
90. TAKE A BUBBLE BATH
91. ARRANGE TO MEET FRIENDS
92. TRY A NEW HAIRSTYLE
93. FIND A NEW BUDDING FLOWER
94. HOLD HANDS
95. DO A GUIDED MEDITATION
96. TRY LAUGHING YOGA
97. FACETIME A FRIEND
98. SEND A VIDEO MESSAGE
99. SEND A POSTCARD
100. COOK WITH A PARENT





# THERAPEUTIC INSIGHT

**ACTIVITY:** 100 WAYS TO BOOST HAPPINESS

**OBJECTIVE:**

In this activity, we have given you 100 different ideas that will help you boost your happiness. The activities are designed to help boost your happy hormones. It doesn't matter how many of these you do each day as long as you make it a priority to do something to make yourself feel happy.

## INSIGHT FROM A PSYCHOTHERAPIST

It's important that we make time to do the things we like to do or know will boost our happy hormones. Sometimes we feel too tired or don't make enough time in our busy lives. It's actually at those times when we can't be bothered that we need it the most.

To start with try something small and easy to do that doesn't take much effort. These small steps can help boost out happy hormones and empower us to take more action which ultimately makes us feel much better about ourselves.

N.B Neurodiverse children often like a routine. Try to add in something you know your child likes to do into their daily or weekly routine to help boost their happy hormones.

## HAPPY HORMONES:



Triggers all of the happy hormones giving a full DOSE (Dopamine, Oxytocin, Serotonin, Endorphins) of happiness



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