



# SUMMER HOLIDAY ACTIVITY PACK

MANAGE YOUR HAPPY HORMONES &  
WELLBEING DURING THE SCHOOL HOLIDAYS



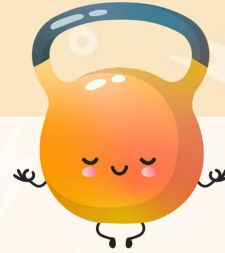
# WHAT ARE HAPPY HORMONES?



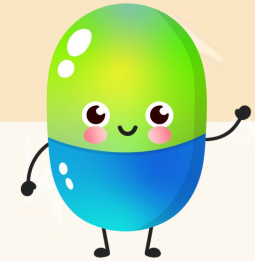
Dopamine sends messages within our brain. It is often called the reward chemical as it makes us feel happy when we achieve or complete a task. Imagine the feeling you get when you score a goal or finish a race this is Dopamine working its magic in your body.



Oxytocin is a “chemical messenger” produced in the brain affecting how we feel and behave towards each other. It helps our bodies to adapt to a whole range of emotional and social situations. Its main job is to help us bond with others.



Serotonin is known as the ‘mood stabiliser’, it’s produced in the brain and stomach and controls our feelings of well being and happiness. It helps us manage our moods, memory, sleep and digestion.



Endorphins are a pain reliever for our bodies, they are released when you get hurt to take away the pain. Endorphins are released during exercise or doing creative activities and can make you feel happy. Endorphins are released when we laugh and when we cry.



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



HI I AM 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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# WEEKLY JOURNAL

This chapter is made up of six journaling pages where you can explore your weekly happiness. You can make plans to do things that will boost your happy hormones and reflect on things that make you happy.

You are in control of your own happiness and it is important to take action to make yourself happy every single day.

Use these pages to help you think, plan and reflect.



## EXAMPLE JOURNAL PROMPTS

- What will I do to make my week great?
- What am I grateful for this week?
- What am I going to do to make myself feel relaxed today?
- What made me happy this week?
- What could I do for someone else this week?



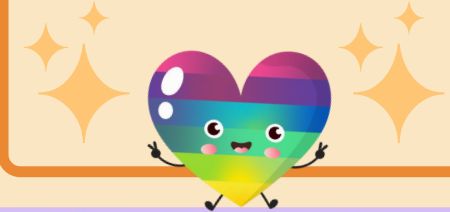
WHAT WILL I DO TO MAKE MY WEEK GREAT?

WHAT AM I GRATEFUL FOR THIS WEEK?

WHAT WORDS COULD I USE TO DESCRIBE THIS WEEK?



WEEKLY JOURNAL



WHAT MADE ME HAPPY THIS WEEK?

WHAT COULD I DO FOR SOMEONE ELSE THIS WEEK?



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WHAT EXERCISE WILL I DO TODAY TO BOOST MY HAPPY HORMONES?



WHO IN MY LIFE AM I GRATEFUL FOR?

THREE THINGS I AM GOING TO DO TO FOR ME THIS WEEK ARE...

- 
- 
- 

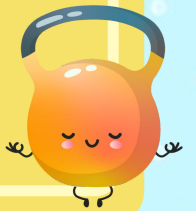
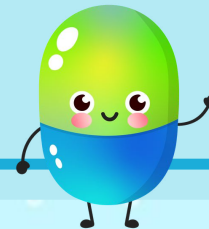


WEEKLY JOURNAL



MY FAVOURITE FOOD THIS WEEK HAS BEEN...

WHAT KIND THINGS COULD I DO FOR OTHERS THIS WEEK?



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WHAT COULD I DO THIS WEEK TO MAKE SOMEONE LAUGH?

LIST FIVE THINGS THAT MAKE ME A GOOD FRIEND...

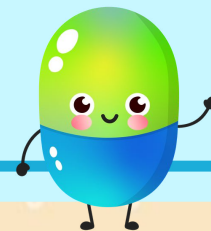
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WHAT AM I GOING TO DO TO MAKE MYSELF FEEL RELAXED TODAY?

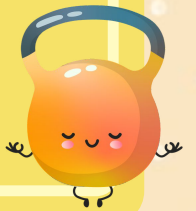


# WEEKLY JOURNAL

WHAT COULD I DO FOR SOMEONE ELSE THIS WEEK?



WHICH SONG MAKES ME FEEL THE HAPPIEST?



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TODAY I FEEL...

A large purple-bordered rectangular box for writing.

THREE THINGS I AM GRATEFUL FOR THIS WEEK ARE...

An orange-bordered rectangular box for writing, featuring a rainbow heart character at the bottom.

A green-bordered rectangular box for writing, featuring a star in the top right corner and a pencil in the bottom right corner.

MY SELF CARE THIS WEEK WILL BE...



WHAT WILL I DO TO MAKE MYSELF FEEL HAPPY TODAY?

A yellow-bordered rectangular box for writing, featuring a kettlebell character at the bottom right.

MY RANDOM ACT OF KINDNESS THIS WEEK IS GOING TO BE...

A light blue-bordered rectangular box for writing, featuring a colorful brain character at the bottom right.

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WHAT IS MY HAPPIEST MEMORY?

DRAW ONE THING THAT MAKES ME FEEL HAPPY



THREE THINGS I LOVE ABOUT BEING ME...

- 
- 
- 



WEEKLY JOURNAL

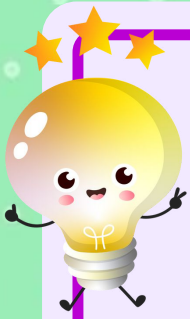
MY FAVOURITE GAME TO PLAY IS...



THE BEST THING ABOUT MY FAMILY IS...



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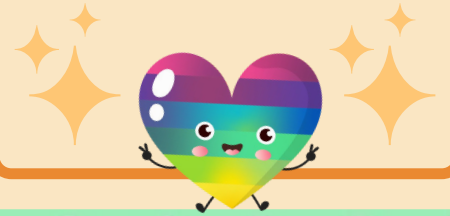
WHAT WILL I DO TO MAKE MY WEEK GREAT?

WHAT AM I GRATEFUL FOR THIS WEEK?

WHAT ONE THING CAN I DO THIS WEEK THAT WILL MAKE ME FEEL GOOD?

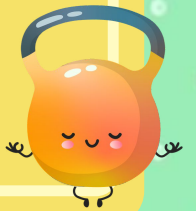
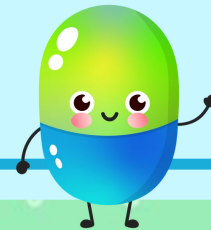


WEEKLY JOURNAL

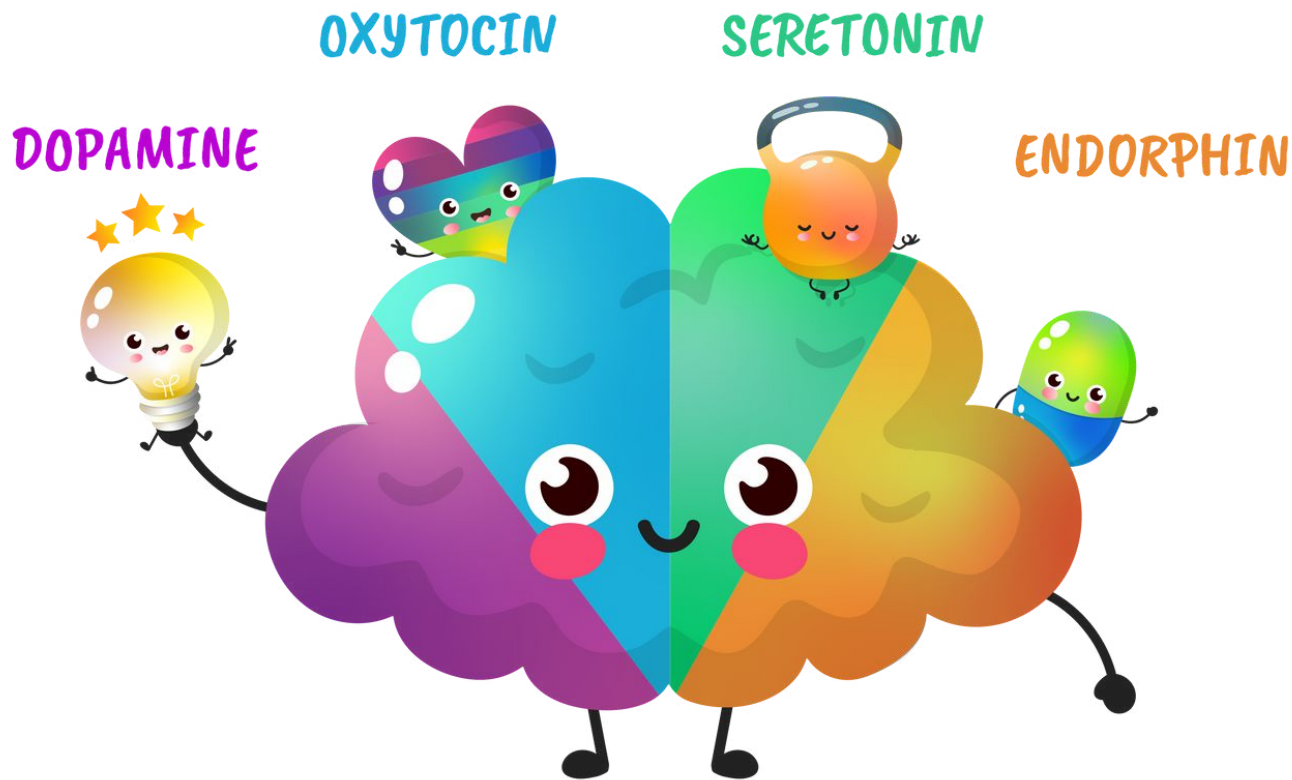


WHAT MADE ME HAPPY THIS WEEK?

WHAT COULD I DO FOR SOMEONE ELSE THIS WEEK?



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# HAPPY CHEMICALS

## PLANNERS

In this chapter, we have created a weekly planner you can follow to boost your happy hormones each day.

Each day we have recommended an activity which will boost either your Dopamine, Oxytocin, Serotonin or Endorphins.

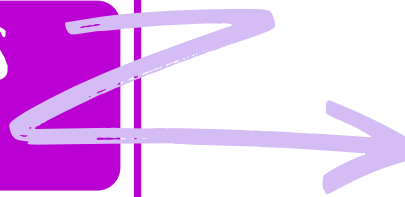


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# BOOST YOUR HAPPY HORMONES

THIS IS WEEK ONE OF YOUR SUMMER HOLIDAYS, FOR SOME THIS IS VERY EXCITING FOR OTHERS THIS MAY BRING UNCOMFORTABLE FEELINGS. FROM TIME TO TIME YOU MIGHT MISS FRIENDS, GET BORED, FEEL LONELY OR SAD AND THIS IS PERFECTLY NORMAL. USE THIS PAGE AND THE DOSE ACTIVITIES TO BOOST YOUR HAPPY HORMONES.

TRY THESE DAILY HAPPINESS BOOSTS THIS WEEK



IT IS IMPORTANT TO FOCUS ON YOUR OWN HAPPINESS EVERY DAY

## WEEK ONE

MONDAY

MAKE A SELF CARE PLAN - USE THE DOSE PLANNER INCLUDED

TUESDAY

MAKE A PLAYLIST OF YOUR FAVOURITE SONGS

WEDNESDAY

GO OUTSIDE BREATHE FRESH AIR

THURSDAY

MAKE A LIST OF REASONS YOU ARE PROUD OF YOURSELF

FRIDAY

TRY A FOOD YOU HAVE NEVER TRIED BEFORE

SATURDAY

GIVE SOMEONE A COMPLIMENT

SUNDAY

DRAW YOURSELF AS A SUPERHERO. WHAT WOULD BE YOUR SUPERPOWER?



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# BOOST YOUR HAPPY HORMONES

## WEEK TWO

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

TRY THESE DAILY HAPPINESS BOOSTS THIS WEEK



IT IS IMPORTANT TO FOCUS ON YOUR OWN HAPPINESS EVERY DAY

MONDAY

HAVE AN EARLY NIGHT

TUESDAY

TIDY YOUR WARDROBE

WEDNESDAY

DO EXERCISE

THURSDAY

TAKE A BLANK PIECE OF PAPER AND DOODLE

FRIDAY

TRY A FOOD YOU HAVE NEVER TRIED BEFORE

SATURDAY

DRINK LOTS OF WATER

SUNDAY

TAKE A COLD SHOWER



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# BOOST YOUR HAPPY HORMONES

## WEEK THREE

IN WEEK THREE YOU ARE SETTLED IN YOUR NEW ROUTINE AND START LOOKING FOR NEW ADVENTURES AND WAYS TO STIMULATE YOUR MIND. THIS IS A GREAT WEEK FOR TRYING SOMETHING NEW. YOU COULD TRY NEW EXERCISES, FOODS, GAMES OR VISIT NEW PLACES. BY SEEING NEW PEOPLE, VISITING NEW PLACES AND COMPLETING NEW TASKS WE BOOST ALL FOUR OF OUR HAPPY HORMONES.

TRY THESE DAILY HAPPINESS BOOSTS THIS WEEK



IT IS IMPORTANT TO FOCUS ON YOUR OWN HAPPINESS EVERY DAY

MONDAY

MAKE A VISION BOARD

TUESDAY

TRY SOMETHING NEW FOR BREAKFAST

WEDNESDAY

WATCH A NEW MOVIE

THURSDAY

TRY A NEW VEGETABLE

FRIDAY

LISTEN TO A NEW SONG

SATURDAY

VISIT A NEW PLACE WITH YOUR FAMILY

SUNDAY

COOK A NEW RECIPE FROM SCRATCH



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# BOOST YOUR HAPPY HORMONES

HAVING AN ATTITUDE OF GRATITUDE MEANS WE TRY TO THINK ABOUT ALL OF THE THINGS WE ARE GRATEFUL FOR EVERY DAY. WHEN YOU PRACTICE GRATITUDE YOU FEEL HAPPY AND YOUR BRAIN CONTINUES TO LOOK FOR MORE THINGS TO BE THANKFUL FOR. SHOWING OTHER PEOPLE THAT YOU ARE THANKFUL MAKES THEM FEEL HAPPY ALSO.

BOOST YOUR HAPPINESS  
EVERY DAY THIS WEEK



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

## WEEK FOUR

MONDAY

MAKE A MOOD BOARD OF THINGS YOU ARE GRATEFUL FOR

TUESDAY

COMPLETE THE GRATITUDE JOURNAL (DOWNLOAD FROM DOSE)

WEDNESDAY

WRITE A THANK YOU CARD AND POST IT

THURSDAY

MAKE A THANK YOU GIFT FOR A FRIEND

FRIDAY

MAKE A GRATITUDE JAR AND ADD GRATITUDE NOTES

SATURDAY

TELL AN ADULT WHY THEY MAKE YOU HAPPY

SUNDAY

LOOK OUT OF THE WINDOW AND LIST 10 THINGS YOU ARE GRATEFUL FOR



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# BOOST YOUR HAPPY HORMONES

IT IS NICE TO RECOGNISE THE GOOD THINGS ABOUT THOSE PEOPLE AROUND YOU THAT YOU OFTEN TAKE FOR GRANTED. THIS WEEK IS A GREAT OPPORTUNITY TO FOCUS ON WHAT MAKES YOUR FAMILY AND FRIENDS SPECIAL.

DON'T FORGET TO SPEND TIME THINKING ABOUT HOW AMAZING YOU ARE AND WHAT MAKES YOU SPECIAL TOO.

BOOST YOUR HAPPINESS  
EVERY DAY THIS WEEK



IT IS IMPORTANT TO FOCUS ON YOUR OWN HAPPINESS EVERY DAY

## WEEK FIVE

MONDAY

NAME 5 THINGS YOU ARE GOOD AT

TUESDAY

DRAW A PICTURE OF ALL THE PEOPLE YOU LOVE

WEDNESDAY

IF YOU WERE TO GIVE YOURSELF AN AWARD WHAT WOULD IT BE?

THURSDAY

SEND A POSITIVE POSTCARD - DOWNLOAD THEM FROM THE DOSE MAGAZINE WEBSITE

FRIDAY

LEAVE A THANK YOU POST IT NOTE ON THE KITCHEN FRIDGE

SATURDAY

RUN YOUR OWN AWARD CEREMONY

SUNDAY

RING SOMEONE AND TELL THEM WHY THEY ARE GREAT



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

# BOOST YOUR HAPPY HORMONES

THIS IS THE LAST WEEK OF YOUR SUMMER HOLIDAYS AND WE HOPE YOU HAVE HAD A LOVELY BREAK FROM SCHOOL. IT IS NORMAL TO START FEELING A LITTLE WORRIED ABOUT GOING BACK TO SCHOOL, BUT THERE ARE LOTS OF POSITIVE ACTIVITIES YOU CAN DO TO MANAGE THESE FEELINGS. YOGA IS GOOD FOR BOTH YOUR BODY AND YOUR MIND, TRY AND MASTER THE UNICORN TOE TAP ON THE NEXT PAGE.

**BOOST YOUR HAPPINESS  
EVERY DAY THIS WEEK**



IT IS IMPORTANT TO FOCUS ON YOUR OWN HAPPINESS EVERY DAY

## WEEK SIX

**MONDAY**

MAKE A LIST OF ALL THE HAPPY MEMORIES YOU HAVE MADE DURING THE SUMMER HOLIDAYS

**TUESDAY**

TRY LAUGHING YOGA - WATCH OUR YOU TUBE VIDEO - SEARCH DOSE MAGAZINE

**WEDNESDAY**

START GOING TO BED EARLIER TO GET YOURSELF INTO A ROUTINE FOR GOING BACK TO SCHOOL

**THURSDAY**

DOWNLOAD THE 3-3-3 FOR ME BREATHING EXERCISE FROM DOSE MAGAZINE

**FRIDAY**

WATCH OUR EFT TAPPING VIDEO ON YOU TUBE - SEARCH DOSE MAGAZINE

**SATURDAY**

DOWNLOAD THE WORRY WAND ACTIVITY FROM THE DOSE WEBSITE

**SUNDAY**

MAKE A LIST OF ALL OF THE THINGS YOU LIKE ABOUT SCHOOL



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



# DOSE

DOPAMINE OXYTOCIN SERETIN ENDORPHINS

## ACTIVITIES



### TRY SOMETHING NEW TO YOU

PICK SOMETHING NEW FROM THE LISTS BELOW OR TRY YOUR OWN!

FOOD	EXERCISE	FUN
HUMMUS	YOGA	LEARN A DANCE
KALE	HIIT	HAVE A MINI DISCO
GUMBO	STAR JUMPS	PAINT SELF PORTRAIT
QUINOA	BEAR CRAWL	MAKE A SCRAPBOOK
ASPARAGUS	ROLY POLY	BUILD A DECK
PRAWNS	RUN ON THE SPOT	MAKE A PUPPET
SPINACH	HAND STAND	WRITE IN A DIARY
EGG MUFFINS	LUNGES	WATCH SILLY MOVIES
ZUCCHINI	MAKE A CRAB	MAKE PAPER CHAINS
KIWI	HOP SCOTCH	DRAW A MAP
	MAKE A CRAB	PLAY BOARD GAMES
	SPIN JUMPS	DO A PUZZLE
	SUPERMAN YOGA POSE	MAKE A MASK
	HEEL TOUCHES	PLAY MUSICAL CHAIRS
	PLANK	HUNT FOR TREASURE
	CRAB WALK	SING A SONG
	SQUATS	

### HAPPY RECIPES MAKE A LADYBUG PICNIC

**SANDWICH SUSHI:** USE A ROLLING PIN TO ROLL TWO SLICES OF BREAD. SPREAD CREAM CHEESE ON EACH THEN A THIN LAYER OF HAM. SLICE PEPPERS & CUCUMBER INTO THIN BATONS AND PLACE ON TOP OF THE BREAD. HARBEST YOURSELF AND ROLL THE BREAD AROUND PEPPERS & CUCUMBER TO MAKE A ROLL. SLICE THE ROLL INTO EQUAL PIECES.

**BANANA BITES:** CRUNCHY PEANUT BUTTER SANDWICHED BETWEEN SLICES OF BANANA.

**LADYBUG TOMATOES:** HALF CHERRY TOMATOES ON A BED OF MOZZARELLA CHEESE BALLS AND BASIL LEAF. USE A HALF OLIVE FOR THE HEAD AND BALSAMIC VINEGAR GLAZE FOR THE SPOTS.

**CREAMY CHEESE BUTTERFLIES:** CUT SCRAMBLON CELERY AND FILL WITH CREAMY CHEESE. ADD PRETZELS FOR WINGS AND PEPPERS FOR ANTENNAS.

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### PLAY THE GRATITUDE GAME

START EACH DAY WITH **Grateful HEART**

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

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

- WHAT IS YOUR FAVOURITE PLACE TO VISIT?
- WHAT IS YOUR FAVOURITE MEMORY?
- WHO IS THE PERSON WHO MAKES YOU LAUGH THE MOST?
- WHAT IS SOMETHING YOU LOVE ABOUT YOURSELF?
- WHAT IS THE KINDEST THING SOMEONE HAS SAID FOR YOU?
- WHICH GIFT HAVE YOU BEEN GRATEFUL FOR?
- WHEN DID YOU LAST FEEL BRAVE?
- WHO IS THE PERSON YOU ARE MOST GRATEFUL FOR?
- WHAT CAN YOU DO REALLY WELL?
- WHAT IS THE BEST THING THAT HAS HAPPENED TODAY?
- 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?
- WHAT DO YOU LOVE ABOUT YOUR FAMILY?



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# PRACTICE A MIRROR MANTRA

CHOOSE ONE OF THESE MIRROR MANTRAS AND SAY IT TO YOURSELF THREE TIMES WHILE LOOKING IN THE MIRROR. REPEAT THIS EVERY MORNING AND EVERY NIGHT FOR ONE WEEK.



I DECIDE TO BE  
HEALTHY AND  
HAPPY

I CAN DO ANYTHING  
I SET MY  
MIND TO

I AM  
STRONG

I DECIDE TO BE  
HEALTHY AND  
HAPPY

I CAN DO ANYTHING  
I SET MY  
MIND TO

I AM PROUD OF  
MYSELF



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**HAPPY**  
**RECIPEASY**

# MAKE A LADYBUG PICNIC


## SANDWICH SUSHI:

USE A ROLLING PIN TO ROLL TWO SLICES OF BREAD, SPREAD CREAM CHEESE  ON EACH THEN A THIN LAYER OF HAM.


SLICE PEPPERS &  CUCUMBER INTO THIN BATONS AND PLACE ON TOP OF THE HAM NEAREST YOURSELF AND ROLL THE BREAD AROUND PEPPERS & CUCUMBER TO MAKE A ROLL. SLICE THE ROLL INTO EQUAL PIECES.




## BANANA BITES

CRUNCHY PEANUT BUTTER SANDWICHED BETWEEN SLICES OF BANANA 

## LADYBUG TOMATOES

HALF CHERRY TOMATOES ON A BED OF MOZZARELLA CHEESE BALLS AND BASIL LEAF. USE A HALF OLIVE FOR THE HEAD AND BALSAMIC VINEGAR GLAZE FOR THE SPOTS 

## CREAM CHEESE BUTTERFLIES

CUT 5CM BATONS OF CELERY AND FILL WITH CREAM CHEESE. ADD PRETZELS FOR WINGS AND PEPPERS FOR ANTENNAS 



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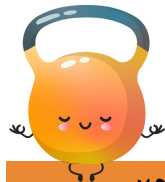


# TRY SOMETHING NEW TO YOU

PICK SOMETHING NEW FROM THE LISTS BELOW OR TRY YOUR OWN



## FOOD



## EXERCISE



## FUN

AVOCADO	HUMMUS	YOGA	SKIPPING	LEARN A DANCE	BAKE CAKES
TACOS	KALE	HIIT	SWIMMING	HAVE A MINI DISCO	PAINT SELF PORTRAIT
STRONG CHEESE	GUMBO	STAR JUMPS	BEAR CRAWL	MAKE A SCRAPBOOK	HELP PREPARE DINNER
FAJITAS	QUINOA	ROLY POLY	RUN ON THE SPOT	BUILD A DEN	MAKE A MASK
RHUBARB	ASPARAGUS	HAND STAND	LUNGES	WRITE IN A DIARY	WATCH SILLY VIDEOS
COCONUT	PRAWNS	HOP SCOTCH	STRETCHES	MAKE PAPER CHAINS	THROW BALLOONS
COUSCOUS	SPINACH	MAKE A CRAB	MINDFUL BREATHING	DRAW A MAP	PLAY I SPY
PARSNIPS	EGG MUFFINS	SPIN JUMPS	HEEL TOUCHES	MAKE HANDPAINT ART	DO A PUZZLE
PASSION FRUIT	ZUCCHINI	SUPERMAN YOGA POSE	PLANK	PLAY MUSICAL CHAIRS	MAKE A MAGIC POTION
TORTELLINI	KIWI	CRAB WALK	SQUATS	HUNT FOR TREASURE	SING A NEW SONG



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# TRY SOMETHING NEW TO YOU

PICK SOMETHING NEW FROM THE LISTS BELOW OR TRY YOUR OWN



1.

2.

3.

4.

5.



1.

2.

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1.

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# 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

**DOSE**  
WWW.DOSEMAGAZINE.CO.UK

WHAT PLACE DO YOU LOVE TO VISIT?

SHARE A HAPPY MEMORY.

WHO MAKES YOU LAUGH?

WHAT IS SOMETHING YOU LOVE ABOUT YOURSELF?

NAME A KIND THING SOMEONE ELSE HAS DONE FOR YOU.

WHICH GIFT HAVE YOU BEEN GRATEFUL FOR?

NAME A TIME YOU FELT BRAVE.

# PLAY THE GRATITUDE GAME



YOU WILL NEED A DICE AND A COUNTER FOR EACH PERSON PLAYING.

ROLL THE DICE AND MOVE THE NUMBER OF SPACES SHOWN. WORK YOUR WAY AROUND THE BOARD ANSWERING EACH QUESTION AND FEEL YOUR HAPPY HORMONES RUSH THROUGH YOUR BODY. IF YOU LAND ON THE SAME SQUARE THINK OF A NEW ANSWER EACH TIME.

WHO ARE YOU GRATEFUL FOR?

WHAT CAN YOU DO REALLY WELL?

WHAT IS THE BEST THING THAT HAS HAPPENED TODAY?

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 TIME OF YEAR?

NAME A SKILL YOU HAVE?

WHO MAKES YOU FEEL LOVED AND HOW?

WHAT DO YOU LOVE ABOUT YOUR FAMILY?



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# RUN YOUR OWN AWARDS CEREMONY

PRINT THE AWARD CARDS BELOW AND CHOOSE A MEMBER OF YOUR FAMILY OR FRIENDS WHO MOST DESERVES TO WIN THE AWARD, WRITE THEIR NAME ON THE PRINTED CARD. SET UP AN AWARDS CEREMONY AND ANNOUNCE YOUR WINNERS.

THIS KINDNESS AWARD  
GOES TO...



THE HAPPY AWARD GOES  
TO...



YOU ARE  
AWARDED THIS  
ROSETTE FOR  
BEING  
FABULOUS



THE AWARD FOR  
BEING THE  
FUNNIEST  
GOES TO...



THE WINNERS SHOULD DO AN ACCEPTANCE SPEECH WHEN THEY RECEIVE THEIR AWARD, THANKING OTHERS AROUND THEM.

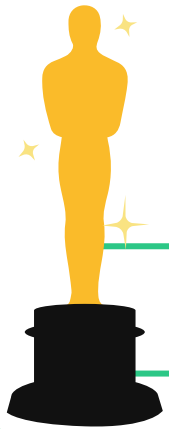


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# RUN YOUR OWN AWARDS CEREMONY

GIVE THESE CARDS TO PEOPLE ATTENDING YOUR AWARD CEREMONY AND ASK THEM TO WRITE DOWN AN AWARD THAT THEY WOULD LIKE TO PRESENT TO YOU AT THE AWARD CEREMONY.

AWARD



YOU HAVE RECEIVED THIS  
AWARD BECAUSE...



YOU ARE  
AWARDED THIS  
ROSETTE FOR



AWARD



YOU SHOULD THINK ABOUT ALL OF THE AWARDS YOU HAVE RECEIVED AND HOW AMAZING YOU ARE.



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## RAINBOW CARBONARA



### INGREDIENTS

- 2 RASHERS OF SMOKED BACON
- PARMESAN
- MILK
- 2 EGGS
- SPAGHETTI
- FOOD COLOURING

### METHOD

- BRING WATER TO THE BOIL AND COOK THE SPAGHETTI FOR 20 MINUTES
- DRAIN AND SEPARATE INTO INDIVIDUAL BAGS
- ADD 5 DROPS OF RED FOOD COLOURING TO THE FIRST BAG, CLOSE THE TOP OF THE BAG AND SHAKE UNTIL ALL OF THE PASTA IS COVERED IN COLOUR. REPEAT FOR EACH COLOUR
- RINSE EACH OF THE COLOURED SPAGHETTI IN A COLANDER WITH COLD WATER
- SEPARATE OUT THE EGG YOLK AND DISCARD THE EGG WHITES
- FRY THE BACON IN OLIVE OIL AND TAKE OFF THE HEAT
- ADD THE PARMESAN, MILK AND EGG YOLK, COOK FOR 2 MINUTES
- MIX SPAGHETTI AND SAUCE THEN SERVE

### UTENSILS

- SAUCEPAN
- FRYING PAN
- ZIP LOCK BAGS
- COLANDER
- WOODEN SPOON
- JUG

**DOSE**

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# UNICORN HORN TOE TAPPING

TAKE TIME TO LEARN THIS NEW YOGA POSITION. THIS POSE IS GREAT FOR YOUR POSTURE AND GIVES YOUR BODY A GOOD STRETCH. IT CALMS YOUR BRAIN WHICH HELPS WITH CREATIVE THINKING AND SLEEP.



# SILENT SHARING NATURE WALK

GO FOR A WALK IN NATURE. THIS COULD BE A PARK, THE BEACH OR WOODLAND. ALLOCATE 5 MINUTES TO WALKING IN COMPLETE SILENCE. TAKE TIME TO NOTICE EVERYTHING AROUND YOU AND PAY ATTENTION TO YOUR THOUGHTS.

WHEN YOU NOTICE SOMETHING CAPTIVATING OR INTERESTING, GENTLY TAP THE ARM OF ONE OR MORE OF THE PEOPLE IN YOUR GROUP AND POINT TO THE OBJECT. YOU SHOULD ALL SILENTLY SHARE THE ENJOYMENT.

THIS DEVELOPS NON-VERBAL COMMUNICATION WHILE BUILDING BONDS BETWEEN INDIVIDUALS IN THE GROUP. BEING IN SILENCE MEANS YOU ARE NOT DISTRACTED BY OTHERS' THOUGHTS AND YOU CAN FOCUS ON AND APPRECIATE NATURE.

WALKING AND BONDING WILL RELEASE YOUR DOSE OF HAPPY HORMONES. WHEN YOU GET HOME, CHAT ABOUT WHAT YOU SAW, WHAT YOU THOUGHT AND HOW YOU FELT. THIS WILL MAKE THE NEXT SILENT SHARING WALK EVEN MORE POWERFUL.



**DOSE**

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# HOW MANY HOURS SLEEP DO YOU GET EACH NIGHT?



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		THURSDAY		FRIDAY	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

KEEP A SLEEP DIARY FOR THE NEXT WEEK TO SEE IF YOU GET ENOUGH SLEEP EACH NIGHT. WRITE THE TIME YOU WENT TO SLEEP UNDER THE MOON AND THE TIME YOU WOKE UP THE NEXT MORNING UNDER THE SUN. IN THE MIDDLE BOX WRITE THE NUMBER OF HOURS SLEEP. CIRCLE THE TICK IF YOU HAD THE RECOMMENDED NUMBER OF HOURS SLEEP.

ASLEEP	AWAKE
NO. HOURS SLEEP	
<input type="checkbox"/>	<input type="checkbox"/>

RECOMMENDED HOURS OF SLEEP PER NIGHT BY AGE

14-17 HOURS	NEWBORN 0-3 MONTHS	12-15 HOURS	INFANTS 4 - 11 MONTHS	11-14 HOURS	TODDLERS 1-2 YEARS
10-13 HOURS	PRESCHOOL 3-5 YEARS	9-11 HOURS	SCHOOL AGE 6-13 YEARS	8-10 HOURS	TEENAGERS 14-17 YEARS



## BANANA SUSHI



### UTENSILS

- CHOPPING BOARD
- PLATE
- KNIFE
- SUSHI STICKS (OPTIONAL)
- FOOD BAGS
- ROLLING PIN

### INGREDIENTS

- BANANAS
- YOUR CHOICE OF STICKY: MELTED CHOCOLATE, NUTELLA, PEANUT BUTTER, SYRUP OR JAM
- YOUR CHOICE OF TOPPING: GROUND NUTS, CRUSHED BISCUITS, MERINGUE, SPRINKLES, COCONUT, CRISPIES

### METHOD

- FIRSTLY, PEEL THE BANANAS AND LAY THEM OUT ON YOUR CHOPPING BOARD (IT IS EASIER WITH HARDER BANANAS)
- ADD YOUR TOPPING OF CHOICE INTO A FOOD BAG AND CRUSH WITH A ROLLING PIN
- SPREAD A STICKY COATING ONTO YOUR BANANAS: THIS COULD BE MELTED CHOCOLATE, NUTELLA, PEANUT BUTTER, SYRUP OR JAM
- SPRINKLE OVER YOUR FAVOURITE TOPPING; THIS COULD BE GROUND NUTS, CRUSHED BISCUITS, MERINGUE, SPRINKLES, COCONUT, CRISPIES
- CHOP THE BANANA INTO BITE-SIZE SUSHI PIECES
- ADD TO A PLATE AND SERVE

**DOSE**

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# 10,000 STEPS EACH DAY

WALK AROUND  
THE PARK FOR 10  
MINUTES = 1000

TAKE THE DOG  
FOR A WALK =  
1,500

30 MINUTES OF  
FOOTBALL =  
2,500 STEPS



SKIP FOR 5  
MINUTES =  
500 STEPS

TAKE THE DOG FOR A WALK = 1,500

UP AND DOWN  
YOUR STAIRS 10  
TIMES = 400  
STEPS



HOW WILL YOU ACHIEVE YOURS? **DOSE**





THANK YOU!

# GRATITUDE BINGO

THANK YOU FOR  
BEING MY  
FRIEND

THANK YOU FOR  
MAKING MY  
DINNER

I AM GRATEFUL  
FOR MY  
TEACHERS

THANK YOU FOR  
TEACHING ME  
NEW THINGS

THANK YOU FOR  
BEING KIND

THANK YOU FOR  
THE FRESH AIR I  
BREATHE

I AM GRATEFUL  
FOR MY FOOD  
THAT GIVES ME  
ENERGY

THANK YOU FOR  
BEING GREAT

I AM GRATEFUL  
FOR BEING ME

THANK YOU FOR  
PICKING ME UP  
FROM SCHOOL

I AM GRATEFUL  
FOR MY HOME

THANK YOU FOR  
TEACHING ME  
NEW THINGS

I AM GRATEFUL  
FOR MY HEALTH

THANK YOU FOR  
MAKING ME  
LAUGH

I AM GRATEFUL  
FOR MY FRIENDS

I AM GRATEFUL  
FOR THE BOOK I  
HAVE JUST READ

THIS WEEK SEND A WAVE OF  
GRATITUDE OUT INTO THE  
WORLD.

THE GREEN "THANK YOU"  
STATEMENTS SHOULD BE SAID  
OUT LOUD TO SOMEONE YOU  
ARE GRATEFUL FOR AND THE  
BLUE ONES ARE FOR YOU TO  
SAY TO YOURSELF.

MARK THEM OFF EACH DAY  
AND AIM TO GET A FULL  
HOUSE BY THE END OF THE  
WEEK.

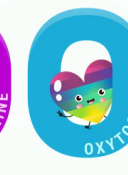
**DOSE**

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# SEROTONIN



## MORNING

## MIDDAY

## AFTERNOON

## BEFORE BED

**MONDAY**

WAKE UP SHAKE UP

PLAY TAG WITH FRIENDS

CREATE A SPORTS DAY  
CIRCUIT IN YOUR  
GARDEN

HAVE AN EARLY  
NIGHT

**TUESDAY**

DO 10 STAR JUMPS

WALK AROUND THE  
GARDEN

DO 15 MINUTES OF  
YOGA

DO EVENING  
STRETCHES

**WEDNESDAY**

RUN UP AND DOWN THE  
STAIRS 5 TIMES

COUNT 100 STEPS

GO FOR A BIKE RIDE

DO A PLANK FOR ONE  
MINUTE

**THURSDAY**

DO 10 PRESS UPS

PLAY FOOTBALL

SKIP AROUND THE  
GARDEN

RUN ON THE SPOT FOR  
ONE MINUTE

**FRIDAY**

TAKE A SCOOTER  
AROUND THE PARK

CHALLENGE A FRIEND  
TO A RACE

GO FOR A NATURE  
WALK

DO 10 LUNGES

**SATURDAY**

GO FOR A MORNING  
RUN WITH A PARENT

PLAY NETBALL/  
BASKETBALL

GO FOR A WALK WITH A  
FRIEND

DO 20 STAR JUMPS

**SUNDAY**

MORNING YOGA

DO LAUGHING YOGA

GO SWIMMING

UNICORN HORN TOE  
TAPPING



# NATURE ART

BEING IN NATURE AND BEING CREATIVE ARE BOTH WAYS TO CALM THE MIND. WHEN THEY ARE BOTH EXPERIENCED TOGETHER THEIR POWER MULTIPLIES.

BEING CREATIVE RELEASES **DOSE** HAPPY CHEMICALS DOPAMINE AND ENDORPHINS WHICH MAKES YOU FEEL A BLISSFUL STATE OF CALM.



COLLECT STICKS TO MAKE A FRAME OF ANY SHAPE OR SIZE AND THEN FIND NATURAL OBJECTS (FLOWERS, STONES, LEAVES) TO MAKE INTO YOUR VERY OWN WORK OF ART. CREATE A SHAPE, USE DIFFERENT COLOURS AND EXPERIMENT WITH PATTERNS.

**DOSE**

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# DOSE TAKE THE SELF CARE QUIZ

HOW MANY OF THESE STATEMENTS APPLY TO YOU?



- I CELEBRATE MY WINS
- I VOICE MY OPINIONS
- I MANAGE MY NEGATIVE THOUGHTS
- I AM PRODUCTIVE
- I PRACTICE POSITIVE AFFIRMATIONS
- I THINK BIG
- I MAKE TO DO LISTS
- I PRACTICE GRATITUDE
- I JOURNAL
- I HAVE A VISION BOARD

- I TAKE TIME FOR MYSELF
- I AM KIND
- I NURTURE MY FRIENDSHIPS
- I PRACTICE GRATITUDE
- I AM GOOD AT COMMUNICATING
- I AVOID TOXIC PEOPLE
- I KNOW WHAT MAKES ME FEEL HAPPY
- I INTENTIONALLY CALL PEOPLE TO CATCH UP
- I TELL PEOPLE I LOVE THEM
- I CUDDLE THOSE I LOVE

- I GET 8 HOURS SLEEP PER NIGHT
- I SPEND TIME IN NATURE
- I EXERCISE FOR 30 MINS EACH DAY
- I GO FOR WALKS
- I EAT 5 PORTIONS OF FRUIT & VEG EACH DAY
- I ENJOY A MESSAGE
- I DRINK 2L OF WATER EACH DAY
- I PRACTICE YOGA
- I MEDITATE
- I HAVE A SLEEP ROUTINE

- I LISTEN TO MUSIC I LOVE
- I AM CREATIVE
- I COOK FOR PLEASURE
- I PAINT OR CRAFT
- I LAUGH REGULARLY
- I LOOK AFTER MY GARDEN
- I PRACTICE MINDFUL BREATHING
- I EAT DARK CHOCOLATE
- I EAT SPICY FOOD
- I USE AROMATHERAPY OILS

# DOSE TAKE THE SELF CARE QUIZ



0-10

YOU NEED TO PLACE MORE PRIORITY ON YOURSELF AND YOUR SELF-CARE. YOU CAN'T POUR FROM AN EMPTY CUP, SO NOW IS THE TIME TO START FILLING THAT CUP UP. ONE SMALL SELF-CARE ACTIVITY EACH DAY WILL TRAIN YOUR BRAIN AND START TO BECOME A NATURAL HABIT.

11-29



YOU UNDERSTAND WHAT SELF-CARE IS AND IT'S IMPORTANCE BUT OFTEN DON'T FIND THE TIME TO PRIORITISE YOUR OWN SELF-CARE. THE NEEDS OF OTHERS OFTEN COME BEFORE YOUR OWN AND BEFORE YOU KNOW IT YOU'VE RUN OUT OF TIME. COMPLETE A SELF-CARE TRACKER OVER THE NEXT WEEK AND IDENTIFY HOW MUCH TIME YOU HAVE ACTUALLY DEDICATED TO YOUR OWN SELF-CARE. YOU WILL BE SURPRISED. CHALLENGE YOURSELF TO DO ONE ACTIVITY OF SELF-CARE EACH DAY TO REINFORCE THE BEHAVIOUR.

30 - 40



YOU ARE A SELF-CARE SUPERSTAR AND THIS SHOULD BE CELEBRATED. YOU ARE SETTING A GOOD EXAMPLE TO THOSE AROUND YOU AND SHOULD ENCOURAGE OTHERS TO SEE THE BENEFITS THAT YOU ARE EXPERIENCING IN YOUR OWN LIFE. AMAZING!



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# STRETCH AND GRAZE

1 GENTLY KNEEL DOWN AND PLACE BOTH HANDS ON THE FLOOR IN FRONT OF YOU AND FACE FORWARD



2 KEEP YOUR HANDS FIRMLY ON THE FLOOR AND PUSH OFF FROM YOUR TIP TOES UNTIL YOUR BUM IS IN THE AIR



3 STRETCH UP UNTIL YOUR BACK IS STRAIGHT



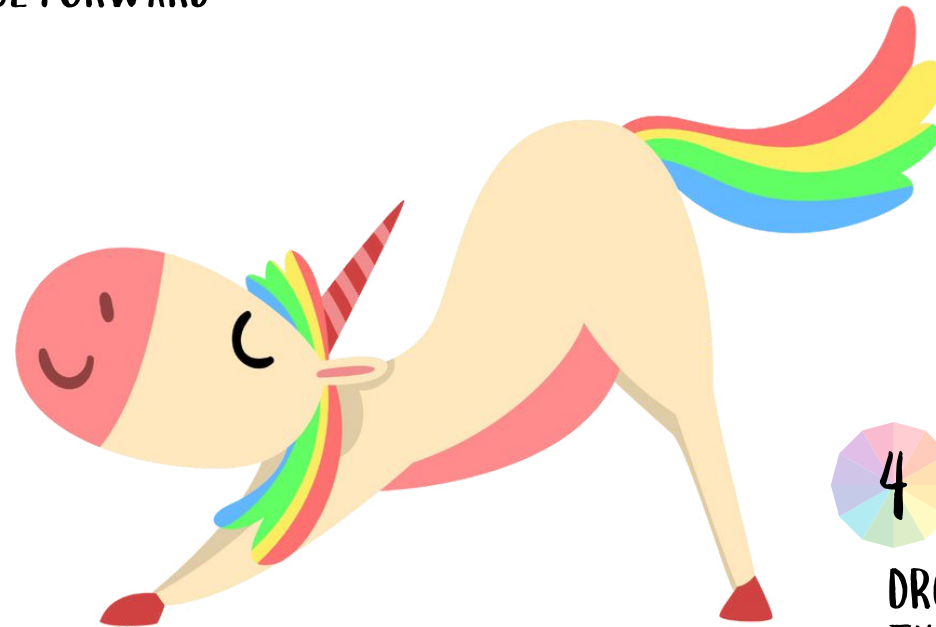
4 DROP YOUR HEAD DOWN TO THE FLOOR AS IF YOU ARE A UNICORN EATING GRASS



5 STAY STRONG IN YOUR POSE AND HOLD FOR A FEW SECONDS



6 LOWER YOURSELF BACK DOWN ONTO ALL FOURS AND PAUSE BEFORE REPEATING THE STRETCH AGAIN. REMEMBER TO BREATHE



**DOSE**

THIS IS GREAT FOR REDUCING TENSION IN THE SHOULDERS AND STRETCHING THE BACK. BEING A UNICORN IS FUN AND HELPS CHILDREN RELAX.



WE HOPE YOU HAVE ENJOYED YOUR

# SUMMER HOLIDAY ACTIVITY PACK

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