

100 WAYS FOR KIDS TO RELEASE ENDORPHINS

1. EXERCISE
2. TAKE PART IN GROUP EXERCISE
3. AROMATHERAPY
4. EAT DARK CHOCOLATE
5. ENJOY LAUGHTER WITH FRIENDS
6. PERFORM A RANDOM ACT OF KINDNESS
7. PLAY MUSICAL INSTRUMENTS
8. LISTEN TO MUSIC
9. SPEND TIME IN THE SUN
10. EAT EGGS
11. DANCE/ DANCE WITH FRIENDS
12. ENJOY YOUR FAVOURITE FOOD
13. EAT SPICY FOOD
14. GO HIKING
15. HAVE A MASSAGE
16. SAY AFFIRMATIONS
17. GIVE SOMEONE A CUDDLE
18. DO BREATHING EXERCISES
19. EAT NUTS OR FOOD CONTAINING NUTS
20. SPEND TIME WITH FRIENDS
21. WATCH A DRAMA MOVIE OR PROGRAMME
22. LAUGH OUT LOUD
23. DO A GROUP YOGA CLASS
24. DO HIIT TRAINING
25. GO RUNNING/JOGGING
26. GO CYCLING
27. EAT ORANGES/ CITRUS FRUIT
28. SOCIALISE
29. WATCH A FUNNY VIDEO/MOVIE
30. TAKE A HOT BATH/SHOWER
31. SING IN THE SHOWER
32. CUDDLE A PET
33. MEDITATE
34. MAKE CHOCOLATE COVERED STRAWBERRIES
35. PLAY BASKETBALL
36. BE ARTISTIC
37. GIVE KINDNESS
38. BE A VOLUNTEER
39. SPEND TIME OUTSIDE
40. COOK YOUR FAVOURITE FOOD
41. EAT YOGURT
42. HAVE A GOOD NIGHTS SLEEP
43. FINGER PAINT
44. USE CITRUS OILS IN YOUR ROOM DIFFUSER
45. ADD FRANKINCENSE TO YOUR BATH
46. PAINT A MUG
47. LISTEN TO A THRILLING STORY
48. SPEND TIME OUTDOORS
49. EAT GRAPES
50. RECEIVE A PRESENT
51. EAT BANANAS
52. READ A GOOD BOOK
53. TAKE A 20-30 MINUTE WALK
54. EAT PLENTY OF PROTEIN FOODS
55. MAKE POT POURRI
56. ADD SPICE TO YOUR CHICKEN
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. ADD LAVENDER/ ROSEMARY OIL TO A BOWL OF HOT WATER AND SMELL
77. MAKE A HAPPY JAR
78. PLAY FOOTBALL
79. COLOUR IN
80. EAT BROWN RICE
81. MAKE A BONFIRE WITH AN ADULT
82. TRY ORIGAMI
83. PLAY AIR GUITAR
84. DO STRETCHES
85. MAKE FRESH ORANGE JUICE
86. EAT A RAINBOW SALAD
87. WATCH A SAD MOVIE
88. MAKE A JOURNAL OF THINGS THAT MAKE YOU SAD
89. SMELL VANILLA BEAN
90. MAKE A LIST OF EVERYTHING YOU CAN SEE
91. LISTEN TO A SOUND BATH
92. MAKE BROWNIES WITH RAW CACAO
93. GET REFLEXOLOGY
94. DO A GUIDED MEDITATION
95. MAKE BANANA PANCAKES
96. EAT A FRUIT COCKTAIL
97. PRACTICE LION BREATHING
98. DO LAUGHTER YOGA
99. COOK WITH DARK CHOCOLATE
100. MAKE BANANA BITES

DOSE

WWW.DOSEMAGAZINE.CO.UK