

# 100 FOR KIDS WAYS TO RELEASE DOPAMINE

1. MAKE A VISION BOARD
2. MAKE AN ACHIEVABLE TO-DO LIST
3. GET OUT INTO DAYLIGHT
4. HAVE AN EARLY NIGHT
5. EAT FOOD RICH IN TYROSINE
6. LIST YOUR DAILY ACHIEVEMENTS
7. FINISH A TASK
8. CELEBRATE EVERY WIN
9. SHARE ACHIEVEMENTS
10. TRY A NEW FOOD
11. EAT REGULAR MEALS
12. MAKE A LEGO HOUSE
13. AVOID ASPARTAME
14. LISTEN TO YOUR FAVE MUSIC
15. DRAW A SUPERHERO
16. LEARN A NEW YOGA POSITION
17. PRACTICE POSITIVE AFFIRMATIONS
18. EAT LESS SATURATED FAT
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. HAVE ENOUGH SLEEP
25. ADD TURMERIC TO FOOD
26. VOICE YOUR OPINIONS
27. GIVE YOURSELF A HUG
28. MAKE A SCHEDULE/PLANNER
29. EAT VELVET BEANS
30. TRY A NEW RECIPE
31. EAT YOUR FAVOURITE BREAKFAST
32. MAKE A FEEL GOOD PLAYLIST
33. TAKE A PHOTO OF NATURE
34. TAKE A COLD SHOWER
35. GIVE HIGH FIVE
36. SEND A MESSAGE
37. ORGANISE YOUR BOOKS
38. PLAY MUSIC
39. EAT A HEALTHY LUNCH
40. SHAKE SOMEONE'S HAND
41. TICK OFF YOUR TO-DO LIST
42. WRITE YOURSELF A CERTIFICATE
43. SPEAK TO SOMEONE NEW
44. WASH HANDS WITH COLD WATER
45. MEDITATE
46. TELL SOMEONE SOMETHING YOU HAVE DONE GOOD THAT DAY
47. FIND A NEW COUNTRY ON THE MAP
48. HUM A SONG TO YOURSELF
49. WRITE IN A JOURNAL
50. MAKE DRUMS OUT OF PANS
51. IMAGINE YOUR DREAM JOB
52. REFLECT ON YOUR DAY
53. EAT NUTS AND SEEDS
54. WRITE A GRATITUDE LIST
55. READ A BOOK
56. WATCH SOMETHING NEW
57. HOOVER YOUR ROOM
58. LIST WHAT YOU ARE GOOD AT
59. PAIR SOCKS
60. DRAW AN ANIMAL
61. WRITE A LETTER
62. RUN ON THE SPOT
63. TIDY A DRAW
64. DO A VICTORY DANCE
65. HUG A TEDDY
66. MAKE SCRAMBLED EGGS
67. LISTEN TO A NEW ARTIST
68. SAY WELL DONE TO YOURSELF
69. CLIMB THE STAIRS
70. SMILE
71. EAT OILY FISH LIKE SALMON
72. SAY THANK YOU
73. EAT YOUR FAVOURITE FRUIT
74. DO A ROLY POLY
75. HAVE A HEALTHY DEBATE
76. USE A BATH BOMB
77. WASH THE DISHES
78. EAT AN OMELETTE
79. TAKE A BATH
80. TRY A NEW VEGETABLE
81. CONGRATULATE YOURSELF
82. TIDY YOUR DESK
83. SING A SONG OUT LOUD
84. EAT A BANANA
85. EAT A YOGHURT
86. MAKE A SOCK PUPPET
87. WALK AROUND THE GARDEN
88. USE ESSENTIAL OILS
89. CONGRATULATE SOMEONE
90. THROW AWAY OLD TOYS
91. MAKE A LEGO ANIMAL
92. TALK ABOUT YOUR GOALS
93. BAKE COOKIES
94. EAT YOUR FAVOURITE FOOD
95. DISCOVER 3 NEW FACTS
96. DO A FAMILY TREE
97. WRITE A STORY
98. SCRAPBOOK
99. TIDY THE GARDEN
100. LIST 3 HAPPY MEMORIES

ADD THEM TO YOUR DOSE PLANNER

**DOSE**

WWW.DOSEMAGAZINE.CO.UK