

Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS MAY 2022



OUR NEW RESOURCES FOCUS ON:
EMOTIONAL INTELLIGENCE

MAY EMOTIONAL INTELLIGENCE

Emotional Intelligence is the understanding of your emotions and the impact they have on your body, behaviour and mindset. Developing your emotional intelligence helps you identify and manage your feelings. Having strong emotional intelligence improves your ability to socialise, relate, empathise with others and above all else be kind and caring towards yourself. If we can manage our own negative emotions we can reduce the impact they have on those around us, creating healthier, happier relationships.



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UNDERSTANDING YOUR EMOTIONS

This workbook introduces nine key emotions using animal illustrations and asks children to explore each emotion in turn. Encouraging children to continually explore how they are feeling allows them to strengthen their emotional intelligence giving them stronger lifelong social skills. Download this resource for free www.dosemagazine.co.uk

5 BENIFITS OF STRONG EMOTIONAL INTELLIGENCE

- 1 STRONG RELATIONSHIPS
- 2 KINDER TO YOURSELF
- 3 MORE SELF CONTROL
- 4 MORE ADAPTABLE TO NEW SITUATIONS
- 5 EMPATHISES WITH OTHERS EMOTIONS



HAPPY FOOD

TOMATOES ARE RICH IN VITAMIN C WHICH HELPS BOOST OXYTOCIN LEVELS



MAGIC DUST BODY SCAN

Take the magic dust and sprinkle it over your body then see where it lands. This activity guides children through identifying emotions in their body before colouring the emotion onto the body.

Download this free resource at www.dosemagazine.co.uk



MAGIC DUST BODY SCAN

Our bodies are amazing things. They can tell us a lot about how we are feeling. A great way to work out what's going on in our bodies is to do a body scan.

Stand up tall, close your eyes and think about your body.

Now imagine you have a handful of Dr Do's magic dust and you sprinkle it over your head so it falls down all over your body.

C This magic dust will stick like a magnet to your body where you feel the most emotion. What is it like? What colour is it?

On the page draw where the magic dust was attracted too and draw the shape, size and the colour

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MY SENSES MEDITATION

Sit or lie down and close your eyes.



Think about your mouth. What can you taste? What can you feel with your tongue? How different does it feel to move your tongue between your teeth and the roof of your mouth? Breathe out through your mouth, what does this feel like?



Think about your nose, what do you notice? What can you smell? Can you smell more than one thing? Breathe in and out through your nose, how does this feel? Is it warm or cold when you breathe through your nose? Wiggle your nose, how does it feel?



Now focus on your ears. What do you notice about your ears? What can you hear? Listen to your own breathing, is it loud or quiet? What can you hear in the room you are in? What can you hear outside of the room you are in?



Lastly, focus on your feet. How do you feel? Are your feet warm or cold? Touch your clothes, how do they feel? Can you feel your body through your feet? How does it feel for the floor you are lying on? How does it feel for the floor you are sitting on?

Try to spend 5 minutes doing this meditation.

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SENSES MEDITATION

This five-minute meditation is a great grounding technique which makes you stop and think about the world around you in the moment. You can choose to sit or lie down

as you think about what you can taste, smell, hear and feel. Being more present reduces stress and anxiety and calms the mind.

DOWNLOAD NOW

THE COLOUR MONSTER

ONE DAY, COLOUR MONSTER WAKES UP FEELING VERY CONFUSED. HIS EMOTIONS ARE ALL OVER THE PLACE; HE FEELS ANGRY, HAPPY, CALM, SAD AND SCARED ALL AT ONCE! TO HELP HIM, A LITTLE GIRL SHOWS HIM WHAT EACH FEELING MEANS THROUGH COLOUR.

EMOTIONS

AGE: 3-10 YEARS

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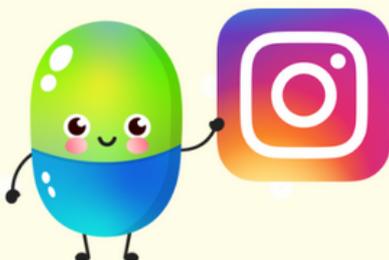
MIRROR MANTRAS

I WILL LISTEN TO MY FEELINGS TODAY

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