

Kalmer & DOSE

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



JUNE MOVE YOUR BODY

Our bodies and brains have a very strong connection and cannot function without each other. The way we feel and our emotions can have a major impact on our physical bodies. If we are nervous or anxious we may shake, feel cold or it might suppresses our appetite. When we feel happy we may be more active, feel warm and energised. Just as our thoughts feelings and emotions impact our bodies, the same is true the other way around, by moving our bodies we release a **DOSE of Happy Hormones**, which make us feel good.

When children play and move their bodies it helps them to develop their sensory-emotional awareness and self-control. This helps them develop and strengthen areas of the brain that are linked to impulse control, self-regulation and emotional intelligence.

In this newsletter, we explore activities which encourage children to **move their bodies**.

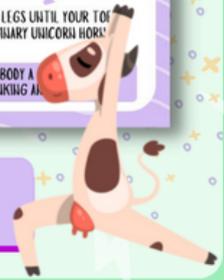


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7 DAYS OF HAPPY YOGA

We have created a seven-day step by step guide to mastering happy yoga. Each day follow the animal instructions and learn a new pose. Yoga boosts all four of your happy hormones, dopamine, oxytocin, serotonin, and endorphins.

Download your Happy Yoga guide here;
www.dosemagazine.co.uk



DOWNLOAD NOW

UNICORN HORN TOE TAPPING

- LIE ON YOUR BACK AND PLACE YOUR ARMS DOWN BY THE SIDE OF YOUR BODY WITH YOUR PALMS FACING THE GROUND.
- LIFT YOUR LEGS STRAIGHT UP TO THE CEILING. MOVE YOUR HANDS ONTO YOUR HIPS TO HELP SUPPORT AND GUIDE THEM.
- HOW SLOWLY PUSH YOUR HIPS UPWARDS TOWARDS YOUR CHEST.
- USE YOUR HANDS TO PUSH YOUR HIPS.
- STRETCH YOUR LEGS UNTIL YOUR TOES TAP YOUR IMAGINARY UNICORN HORNS!
- ONCE YOU ARE BALANCED LAY YOUR ARMS BACK DOWN ON THE GROUND. PALMS FACING DOWN.
- HOLD FOR A FEW SECONDS. KEEP YOUR BALANCE AND TRY NOT TO TOPPLE OVER.



DOSE

THIS POSE IS GREAT FOR YOUR POSTURE AND GIVES YOUR BODY A LITTLE BOOST. IT CALMS YOUR BRAIN WHICH HELPS WITH CREATIVE THINKING.

YOGA SPOTS

PRINT THESE YOGA SPOTS AND SPREAD THEM AROUND THE ROOM IN A CIRCUIT. VARYING THE ORDER EACH TIME. THIS MAKES YOGA SO MUCH MORE FUN AS CHILDREN COMPLETE THE CIRCUIT.



DOSE

PRINT THE YOGA SPOTS AND CREATE A CIRCUIT OF HAPPY YOGA IN THE CLASSROOM OR AT HOME.

YOGA

CALMS THE MIND, STRENGTHENS THE BODY AND BOOSTS YOUR HAPPY HORMONES



SEROTONIN DOSE

	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 SCHOOL FIELD	DO 10 MINUTES OF YOGA	HAPPY CAT, SAD CAT
WEDNESDAY	RUN UP AND DOWN THE STAIRS 5 TIMES	TAKE 100 STEPS AROUND THE PLAY YARD	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 TO SCHOOL	CHALLENGE A FRIEND TO A RACE	GO FOR A NATURE WALK	DO 10 LUNGE
SATURDAY	GO FOR A MORNING RUN	PLAY NETBALL/ BASKETBALL	GO FOR A WALK WITH A FRIEND	DO EVENING STRETCH
SUNDAY	GO FOR A MORNING WALK	TAKE A WALKING YOGA	GO SKIPPING	UNICORN HORN TAPPING



MOVE YOUR BODY PLANNER



Use the **Move Your Body Planner** to map out your weekly exercise. Start the moment you step out of bed to give yourself a boost of happy hormones, then continue your exercise throughout the day, with your last exercise, just before you go to bed.

Also included is a pre-filled planner with a full week of **Move Your Body** ideas.

DOWNLOAD NOW

10,000 STEPS EACH DAY



HOW WILL YOU ACHIEVE YOURS? DOSE

10,000 STEPS EACH DAY



Each day we should do at least **10,000 steps** in order to stay healthy and boost our happy hormones. There are so many fun ways to rack up your steps each day, from challenging a friend to a game of tag to speed skipping in the garden. Use these record sheets to count the steps you take each day.

[DOWNLOAD NOW](#)

LAUGHING YOGA

YOU USE 30 MUSCLES WHEN LAUGHING.

THE PAMPER LOUNGE HAS CREATED A LAUGHING YOGA VIDEO FOR DOSE MAGAZINE WHICH NOT ONLY MOVES YOUR BODY BUT ALSO BOOSTS YOUR HAPPY HORMONES AT THE SAME TIME.



[WATCH VIDEO](#)



HAPPY FOOD

BANANAS ARE A GREAT PRE-EXERCISE FOOD, THEY GIVE YOU ENERGY AND HELP THE RELEASE OF HAPPY HORMONES ENDORPHINS AND SEROTONIN

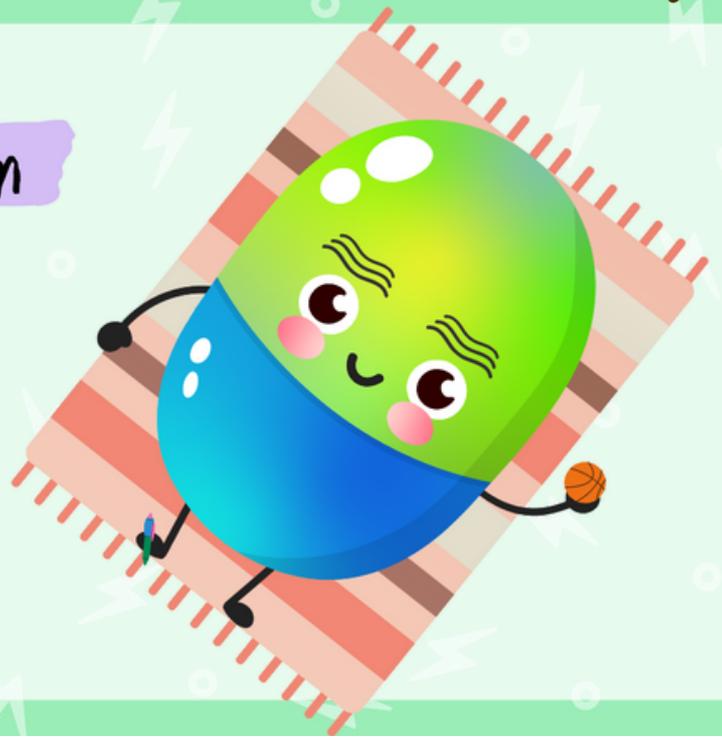


PROGRESSIVE MUSCLE RELAXATION

This is a great technique to release the stress that has built up in your body. Sometimes it can get stuck and can lead to pain or tension in our bodies. It can often get stuck in our hands, head, back, neck and face.

By using Progressive Muscle Relaxation we can release this stress. We do this by tensing our muscles and relaxing them which then helps to release any trapped energy.

[DOWNLOAD NOW](#)



HOW MANY HOURS SLEEP DO YOU GET EACH NIGHT?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	THURSDAY	FRIDAY
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KEEP A SLEEP DIARY FOR THE NEXT WEEK TO SEE IF YOU GET ENOUGH SLEEP EACH NIGHT... 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 TIME YOU HAD THE RECOMMENDED NUMBER OF HOURS SLEEP.

RECOMMENDED HOURS OF SLEEP PER NIGHT BY AGE

- 19-27 HOURS: NEWBORN 0-3 MONTHS
- 12-15 HOURS: INFANTS 1-11 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: TEEN 14-17

SLEEP DIARY

In order to wake up energised for the day ahead, it is important that you have enough sleep each night. The amount of sleep depends on your age and how active you are. Having the correct amount of sleep helps you concentrate, makes you feel happier and allows you to get the most out of your day. Download your **Sleep Diary** and fill it in for a week to see if you are getting enough sleep each night.

DOWNLOAD NOW

GOOD MORNING YOGA

CALM AND AWAKE, "I CAN DO THIS!" IS ALL I NEED TO SAY. A DEEP BREATH IN, A LONG BREATH OUT — I AM READY FOR THE DAY! THIS "WAKE UP" STORY IS SO MUCH MORE THAN A STORY. IT'S A PRACTICE FOR KIDS AND PARENTS TO GREET THE MORNING WITH JOY AND EMBARK ON THEIR DAILY ADVENTURES WITH INTENTION AND CONFIDENCE. TURN THE PAGE AND REACH UP TO THE SKY, PRESS YOUR FEET INTO THE EARTH, AND GET READY FOR A GREAT DAY!

MOVE YOUR BODY

DOSE



MIRROR MANTRAS

I MAKE HEALTHY CHOICES

DOSE



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