

Kalmer & DOSE

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



SPRING IS ABOUT GROWTH & NEW BEGINNINGS

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As we head into the new spring season it creates a surge of sensory experiencing, we start to see, hear, feel, taste, and smell the changes of the spring months. It feels like our bodies are being woken up after the long dark winter months.

Our sleep cycle changes and our mood improves as the longer days and delightful lighter nights give us a boost of unexpected energy and a renewed sense of perspective.

We feel a real DOSE of happy hormones surge through our bodies as everything we experience around us changes and grows.



YOU CAN FIND ALL OF OUR FREE
RESOURCES AT;

WWW.DOSEMAGAZINE.CO.UK

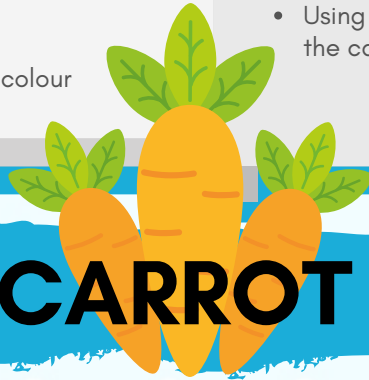


INGREDIENTS

- 100g unsalted butter
- 100g caster sugar
- 1 egg
- 275g plain flour
- 200g icing sugar
- Orange & Green food colour

METHOD

- Preheat the oven to 190C
- Line a baking tray with greaseproof paper
- Cream the butter and sugar together in a bowl. Beat in the egg until well combined.
- Stir in the flour and bring together to form a dough.
- Roll the dough out on a lightly floured work surface to a thickness of 1cm.
- Using biscuit cutters in the shape of a carrot, cut biscuits out of the dough and carefully place onto the baking tray.
- Bake for 8-10 minutes, or until pale golden-brown. Set aside to harden for 2 minutes, then cool on a wire rack.
- For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture.
- Split into two bowls, mix the orange food colouring into one and green into another.
- Using a paintbrush paint the orange onto the carrot and green onto the leaves.



EASTER CARROT BISCUITS



SILENT SHARING NATURE WALK



Taking a silent sharing nature walk 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.

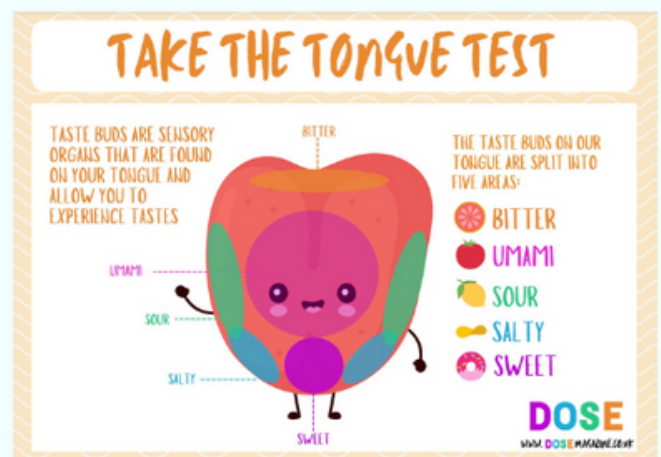


GROW A PIZZA POT

This activity will allow children to connect with nature, be responsible, for growth, understand sustainability and experience a sense of achievement. Helping to trigger and boost their happy hormone Serotonin.

TAKE THE TONGUE TEST

Taste buds are sensory organs that are found on your tongue and allow you to experience tastes. Take the tongue test and experience new tastes and sensations on your tongue.



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