

# Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS VOLUME 2

WE ARE OVERWHELMED BY THE POPULARITY OF OUR FIRST NEWSLETTER AND ARE DELIGHTED TO PRESENT OUR SECOND EDITION FOR DECEMBER. THE LEAD UP TO CHRISTMAS CAN BE VERY OVERWHELMING FOR CHILDREN, THERE IS A CHANGE TO THEIR ROUTINE, HIGH-STRESS LEVELS AROUND THEM AND A SENSORY OVERLOAD COMING FROM LIGHTS, DECORATIONS ETC. TOGETHER ALL OF THE CHANGES AT CHRISTMAS CAN RESULT IN A CHILD BECOMING OVERWHELMED AND OFTEN ACTING OUT, BEHAVIOUR MAY CHANGE, THEY MAY BECOME NEEDIER AND THEY MAY BECOME MORE SENSITIVE TO THEIR EMOTIONS.

DURING THE CHRISTMAS PERIOD MAKE TIME TO RELAX, THIS TIME CAN BE WATCHING A CHRISTMAS MOVIE, LISTENING TO MUSIC, PLAYING A BOARD GAME. TALK ABOUT THE THINGS YOU LOVE ABOUT CHRISTMAS, WHAT YOUR FAVOURITE THINGS TO EAT ARE, WHAT YOUR BEST CHRISTMAS MEMORY IS, SING YOUR FAVOURITE SONG, FOCUSING ON THE POSITIVES HELPS BOOST HAPPY HORMONES.

## DECEMBER THIS ISSUE WE FOCUS ON: KINDNESS

IN THE DECEMBER ISSUE WE FOCUS ON KINDNESS AS IT IS SOMETHING WHICH CAN HAVE A HUGE IMPACT NOT ONLY ON OUR HAPPINESS BUT ALSO THE HAPPINESS OF THOSE AROUND US. BY DOING SMALL ACTS OF KINDNESS WE ARE SENDING A RIPPLE OF HAPPINESS OUT INTO THE WORLD.

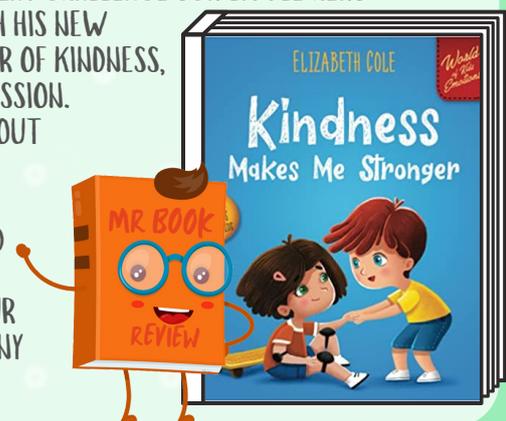


## INSIGHT

BE AWARE OF SITUATIONS THAT MAY BE OVERWHELMING FOR CHILDREN, FLASHING LIGHTS, LOUD MUSIC, CHANGES TO THE ENVIRONMENT. SLEEP ROUTINE PLAYS A HUGE PART IN A CHILD'S ABILITY TO REGULATE EMOTION. ENSURING THEY GET 8 HOURS EACH NIGHT WILL HELP MANAGE THE OVERWHELM OVER CHRISTMAS.

## KINDNESS MAKES ME STRONGER

SPENDING A TIME ON GRANDPARENTS' FARM LITTLE NICK MEETS NEW FRIENDS - FUNNY ANIMALS THAT DON'T BEHAVE NICELY. HAVING FACED A GREAT CHALLENGE OUR LITTLE HERO MANAGES TO TEACH HIS NEW FRIENDS THE POWER OF KINDNESS, CARING AND COMPASSION. THIS KIDS BOOK ABOUT KINDNESS IS FILLED WITH COLORFUL ILLUSTRATIONS AND CHARMING RHYMES AND WILL HELP YOUR LITTLE ONES IN MANY WAYS.





## CHRISTMAS JOKES

A GREAT WAY TO SPREAD CHRISTMAS CHEER IS LAUGHING LOUD FOR ALL TO HEAR. LAUGHTER BOOSTS YOUR HAPPY HORMONES ENDORPHINS. JOKES ARE A GREAT WAY OF CREATING LAUGHTER. DOWNLOAD OUR CHRISTMAS JOKE SHEET FROM [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK)

## CHRISTMAS KINDNESS BINGO

DOWNLOAD THE CHRISTMAS KINDNESS BINGO BOARD FROM [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK) AND TICK OFF AS MANY KINDNESS TASKS AS POSSIBLE OVER THE FESTIVE SEASON. THE AIM OF THE GAME IS TO TICK OFF EVERY TASK BEFORE RETURNING TO SCHOOL. WITH EVERY KINDNESS TASK COMPLETED THERE WILL BE A BOOST OF HAPPY HORMONES AND THE IMPACT WILL RIPPLE OUTWARDS.

### CHRISTMAS KINDNESS BINGO

|                                   |  |                                    |                                       |  |
|-----------------------------------|--|------------------------------------|---------------------------------------|--|
| HELP WITH CHORES AROUND THE HOUSE | DONATE OLD TOYS TO A CHARITY             | CALL SOMEONE TO CHEER UP THEIR DAY | TIDY YOUR ROOM                        | DURING THE CHRISTMAS HOLIDAYS CHECK OFF AS MANY OF THESE KINDNESS TASKS OFF YOUR BINGO CARD AND MARK THEM WITH A TICK. |
| HELP COOK DINNER                  | OPEN A DOOR FOR SOMEONE                  | WASH THE DISHES                    | TELL SOMEONE THEY LOOK NICE           |  |
| SMILE AT A STRANGER               | TAKE COOKIES TO A NEIGHBOUR              | SEND A POSITIVE POSTCARD           | SEND THANK YOU LETTERS                |  |
| GIVE SOMEONE A HUG                | MAKE SOMEONE LAUGH WITH A CHRISTMAS JOKE | TELL SOMEONE YOU LOVE THEM         | WRITE 5 THINGS YOU LOVE ABOUT SOMEONE |  |

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## CHRISTMAS KINDNESS POSTCARDS

POP A POSITIVE POSTCARD THROUGH THE DOOR OF YOUR NEIGHBOURS, GIVE ONE TO YOUR TEACHER, OR SEND ONE TO A FAMILY MEMBER TO BRIGHTEN UP THEIR DAY. YOU COULD EVEN DESIGN YOUR OWN POSITIVE POSTCARDS AND ADD YOUR FAVOURITE QUOTES OR DESIGNS.

KINDNESS HELP TO BOOST OUR HAPPY HORMONE OXYTOCIN THAT GIVES US THAT NATURAL HIGH WE EXPERIENCE IS NOT ONLY FELT BY THE PERSON ON THE RECEIVING END OF THE ACT OF KINDNESS BUT ALSO THE PERSON DOING THE VERY ACT.



## CHRISTMAS COOKIES



### INGREDIENTS

- 100G MARGARINE
- 75G LIGHT BROWN SUGAR
- 3 TBSP SYRUP
- 175G SELF-RAISING FLOUR
- 50G WHITE CHOCOLATE CHIPS
- 50G MILK CHOCOLATE CHIPS
- 50G M&MS
- 30ML MILK

### METHOD

- HEAT OVEN TO 180°C
- BEAT THE MARGARINE WITH THE SUGAR UNTIL LIGHT AND FLUFFY
- POUR IN THE SYRUP
- MIX IN THE FLOUR
- SPRINKLE IN THE CHOCOLATE CHIPS AND M&MS
- MIX TOGETHER WELL
- THE MIXTURE SHOULD BE FIRM

- COOK FOR 10 MINUTES
- PLACE ON A WIRE RACK TO COOL

SERVE WITH A GLASS OF COLD MILK AND ENJOY WITH A CHRISTMAS MOVIE.

PLAY CHRISTMAS MUSIC IN THE BACKGROUND AND BOOST YOUR HAPPY HORMONES AS YOU COOK.

## GIVE YOURSELF THE GIFT OF CALM



### SANTA IS WATCHING

TRY TO FIND ALTERNATIVES TO THREATS THAT SANTA MIGHT BE WATCHING OR THEY MIGHT HAVE PRESENTS TAKEN OFF THEM. THIS CONSTANT ROLLER COASTER OF EMOTION CAN LEAVE A CHILD FEELING VULNERABLE AND IT CAN OFTEN LEAD TO TANTRUMS AS AN OUTLET FOR THEIR FRUSTRATION.

### PERSONAL GROTTO

TRY TO CREATE A SAFE SPACE WHICH IS QUIET SO IF YOUR CHILD NEEDS TO ESCAPE FOR A MOMENT THEY HAVE SOMEWHERE TO GO AND RELAX. A TENT WITH A BLANKET AND A BOOK COULD BE A GREAT PERSONAL GROTTO WHERE EMOTIONS CAN BE REGULATED.

### GO OUTSIDE

CHRISTMAS CAN BE SUCH A BUSY TIME OF YEAR WITH LOTS OF THINGS TO DO AND PEOPLE TO VISIT, BUT CARVING OUT TIME TO WRAP UP WARM AND GO OUTSIDE CAN MAKE A HUGE DIFFERENCE TO EMOTIONAL OVERWHELM. SAY MERRY CHRISTMAS AS YOU PASS STRANGERS IN THE STREET AND FEEL THE CHRISTMAS CHEER.

# FOODS WHICH BOOST YOUR HAPPY HORMONES



LOVE THEM OR HATE THEM SPROUTS ARE THE ULTIMATE SUPERFOOD. SPROUTS BOOST ALL FOUR OF YOUR HAPPY HORMONES, DOPAMINE, OXYTOCIN, SEROTONIN AND ENDORPHINS.

EAT YOUR SPROUTS AND FEEL HAPPY,

## WHAT IS SANTA'S FAVOURITE SONG? TWIST AND SPROUT

### MONTHLY MIRROR MANTRAS

I AM CHOOSING TO HAVE A GOOD DAY



A MANTRA IS A POSITIVE STATEMENT OR WORD WHICH IS REPEATED OUT LOUD (OR IN YOUR HEAD). REPEAT THE MANTRA TEN TIMES ON A MORNING WHILE LOOKING INTO THE MIRROR AND AGAIN BEFORE BED.

REPEATING THE MANTRA CALMS THE MIND AND HELPS US FOCUS ON THE WORDS.

USING A MIRROR MEANS YOU MAKE EYE CONTACT WITH YOURSELF WHICH BOOSTS SELF-KINDNESS AND SELF-COMPASSION.

OUR BRAIN IS PROGRAMMED TO BELIEVE WHAT WE SEE AND BY LOOKING INTO THE MIRROR AS YOU SAY YOUR MANTRA YOUR BRAIN WILL HAVE A DEEPER BELIEF IN THE WORDS YOU SAY.



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NEW FREE RESOURCES THIS MONTH ON DOSE MAGAZINE...

CHRISTMAS KINDNESS BINGO



SEND A POSITIVE POSTCARD

