

Happiness Boosters For Kids



Dopamine, aka The Reward Feeling

- Get homework done early
- Organize their toys or a bookshelf
- Curl up with a lovey to watch a movie
- Indulge in a favorite snack in the middle of a busy day
- Take five big belly breaths



Serotonin, aka The Mood Booster

- Go on a nature scavenger hunt
- Play in the bathtub
- Name 3 things you're good at
- Bike to the playground
- Think about your "happy place"



Oxytocin, aka The Loving Feeling

- Bear-hug your family
- Snuggle a family pet
- Invite a friend over for a playdate
- Compliment someone
- Help a parent with a chore



Endorphins, aka The No-Pain Feeling

- Have a dance party
- Re-watch a funny movie
- Eat some dark chocolate
- Perform a random act of kindness
- Stretch your arms and legs for 5 minutes