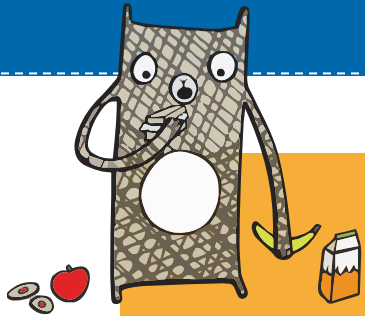
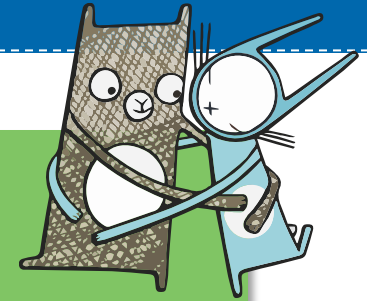


# Feel Good Hormones



## Dopamine

- Completing a task
- Self-care (doing something to look after yourself)
- Eating food
- Celebrating a small success



## Oxytocin

- Playing with pets
- Holding hands
- Hugging
- Saying nice things to people

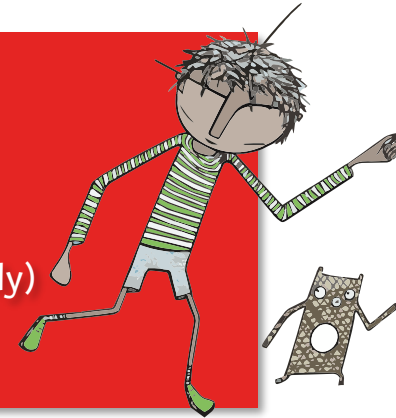


## Endorphin

- Laughter
- Watching something funny
- Sharing a joke
- Exercising

## Serotonin

- Walking outside
- Running
- Catching some sun (safely)
- Cycling



Here are some examples of how you can increase the feel good hormones in your body. You might be able to find out more examples.

## Challenge!

Create a 'Happy Hormones' activity list of your favourite examples from each box.

Use your 'Happy Hormones' list to boost your mood each day.



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