

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

BRAIN CHEMICALS / DOSE

WHAT?

DOSE stands for four brain chemicals that are good to know about. The brain and body release these natural "happy chemicals" that influence mood, behaviour, and wellbeing:

- **Dopamine** – reward/motivation
- **Oxytocin** – trust and connection
- **Serotonin** – mood booster
- **Endorphins** – pain relief / de-stress



Supporting healthy regulation of these chemicals (e.g. through **The 5 Ways to Wellbeing**) can help children feel calmer, more connected, and more resilient.

When these chemicals are balanced, children recharge more easily and manage challenges with greater ease.

WHY?

Teaching children about **DOSE** chemicals as part of an understanding how their brain works strengthens their understanding of the biological basis for their feelings.

Showing children how the **DOSE** chemicals can be boosted in everyday actions / interactions (like using the **5 Ways to Wellbeing**) gives them agency and effective strategies.

IN SEL?

Teaching children about **DOSE** as part of understanding our brains contributes to **self-awareness, self-management** and **responsible decision-making**.

The accessibility and effectiveness of The 5 Ways to Wellbeing in helping to boost **DOSE** make a positive contribution to 'everyday' SEL

FIND OUT MORE

[My Brilliant Place to be ME!](#)

The resources in the '**Brain Box**' have more about DOSE and the **5 Ways to Wellbeing**. Our [Start Now young people's website](#) has a section on brain science and the DOSE chemicals. And helps children and young people to explore the 5 Ways.

TISUK '[What every child professional needs to know about key brain chemicals](#)' (pdf). A more detailed exploration.

An infographic titled "GET YOUR DAILY 'D.O.S.E.'" in large, colorful letters. It lists activities for four brain chemicals: Dopamine, Oxytocin, Serotonin, and Endorphins. In the center, there is a yellow smiley face with a lightbulb above it, and a beaker below it containing colorful dots. The activities are listed in colored bullet points: Dopamine (red), Oxytocin (orange), Serotonin (green), and Endorphins (purple).

Chemical	Activities
Dopamine	• completing a task • achieving small goals • self-care activities • celebrating the little wins each day • trying new things
Oxytocin	• playing with a pet • playing with a baby • giving a compliment • hugs • kindness and helping others
Serotonin	• exercise • being out in nature • being in the sun • spending time with others
Endorphins	• laughter • dark chocolate • get active - run, dance, cycle • listen to music