



APPRECIATE

Activity Guide 3

Dopamine Doodles

Key stage 1 • Years 1 & 2

ACTIVITY 3: Dopamine Doodles

Learning objective:

- ▶ Your child understands that when you give or receive gratitude the neurotransmitter **Dopamine** is released, which makes us feel good.

Learning approach:

Explain to your child what happens in our brain when we give and receive gratitude. A special chemical is released: the neurotransmitter 'Dopamine', which makes us feel good. Dopamine is great for Team H-A-P, so it makes us feel happy, safe and calm.

For this exercise, we'd like your child to think of the release of Dopamine as a 'power-up' - just like they might see in a computer game, or when a comics character gets an energy boost.

Ask them to design a character - maybe a comic book or computer game character - who gets a Dopamine power-up when they give or receive gratitude. The character could be based on themselves, or it could be completely made up.

What is their character called? What do they look like? And what happens when they get their Dopamine power-up from gratitude? Do they change? Your child should let their imagination run wild!

Have your child draw their character, and tell you all about them. Why not share their work with us on social media? We'd love to see it!

We'd love to see photos of the activities in action! Why not share your pictures at:

