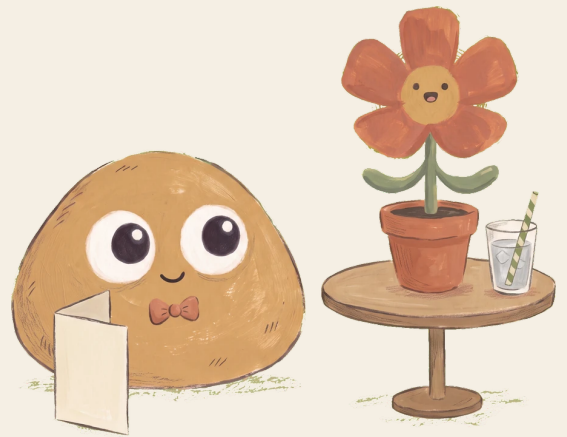


The Dopamine Menu +

Quick ways to give a busy brain the boost it's looking for, no tablet required. Order like you would at a restaurant: pick one and enjoy it properly.



Starters TWO-MINUTE SPARKS

- A glass of icy water, drunk slowly
- One favourite song, loud
- Step outside and spot three sounds
- Ten star jumps
- A 20-second hug
- Squeeze something squishy



Mains TWENTY-MINUTE RECHARGES

- Build something: LEGO, a blanket fort
- Draw or paint to music
- Get muddy: dig, water, plant
- A bike or scooter loop
- Bake, and lick the spoon
- A playground mission



Sides TO ORDER ALONGSIDE BORING THINGS

- Chewing gum
- A fidget in one hand
- Body doubling: sit near someone working
- Doodling while listening
- Standing up to work
- Background music without words



Desserts SAVE THEM FOR AFTER THE HARD THING

- Fifteen extra minutes of bedtime story
- Choosing what's for dinner
- An ice-cream walk
- Family movie night

Our family specials Write in the ones that only work in your house.

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