**DOSE Magazine**

DOSE Magazine is a magazine-based website aimed at supporting mental health and positive wellbeing in children.

It requires you to sign up to access resources which is free to do. Once subscribed, you can view or download a range of resources and articles all aimed at empowering children to use ‘happy’ hormones (DOSE) to manage their happiness and overall wellbeing.

****

All information and images have been taken from the DOSE website:

<https://www.dosemagazine.co.uk>

Coming soon!

This is a brand-new section aimed at children.

There are several interesting articles about the role happy hormones play in development and wellbeing along with articles exploring current topics and suggestions of ways to positively support children’s mental health.

Browse the free resource library to view and download a number of excellent resources including written and practical activity ideas.

Hovering over the icon of each resource will give you a brief overview of its aims.