

Dopamine menu for adults

Use this template to have a go at creating your own dopamine menu

family
action

1 Starters - for an immediate Dopamine boost

Quick activities (less than 10 mins)

2 Mains - for a bigger Dopamine reward

Longer activities (at least 30 mins)

3 Desserts - quick pleasures, must be moderated

These usually have an addictive quality!

Sides - add something to help complete tasks

Specials - advanced planning activities

Drinks - helpful tips

- Set reminders for tasks
- Make tasks bitesize
- Sandwich fun & boring tasks

Dopamine menu for children/young people

Use this template to have a go at creating your own dopamine menu

family
action

1 Starters - for an immediate Dopamine boost

Quick activities – when you only have 5–10 min

2 Mains - for a bigger Dopamine reward

For when you aren't short on time

3 Desserts - quick pleasures, must be moderated

These usually have an addictive quality!

Sides - add something to help complete tasks

Specials - advanced planning activities

Drinks - helpful tips

- Set reminders for tasks
- Make tasks bitesize
- Sandwich fun & boring tasks