



The Feel-Good Brain: 5 Neurotransmitters That Help Kids Learn, Connect & Thrive"



Dopamine

Motivation & Focus

Helps kids feel accomplished and energised

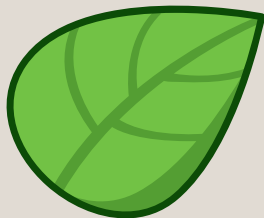
Trigger it with: setting small goals, movement breaks, 'ta-da' moments

Oxytocin

Connection & Belonging

Builds trust, safety, and emotional bonds

Trigger it with: eye contact, partner activities, teacher warmth



Serotonin

Mood & Confidence

Supports calm, resilience, and emotional regulation

Trigger it with: gratitude routines, morning sun, rhythm and routine

Endorphins

Joy & Stress Relief

Reduce pain, lift mood, and encourage fun

Trigger it with: laughter, dancing, playful learning



GABA

Calm & Self-Regulation

Acts like a brake pedal for the stress response

Trigger it with: breathing, quiet time, slow transitions

