



Dopamine Menus

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SESSION SUMMARY

A dopamine menu is a personalized list of activities, tasks, or experiences that make you happy. The purpose of a dopamine menu is to use it when you need a break or a mental pick-me-up.

Dopamine menus are a way to get staff thinking and talking about ways they can give themselves a pick-me-up when things get hard at camp.

TIME NEEDED

30 minutes

MATERIALS

Material	Quantity	Progress Notes
Something to write with & something to write on	1 per team member	
Handouts (Optional)	1 per person	

THE PLAN

Part 1: Introducing the Menu

Dopamine menus can include:

- Starters - Things That Take 10-15 Minutes to Do
 - Make a new playlist

- Go for a walk
- Tidying up
- Calling a friend
- Mains - Things That Take An Hour-ish
 - Board games
 - Calling a friend that talks a lot
 - Going for a drive
 - Doing a puzzle
 - Reading a book
- Sides - Things That You Can Do While You're Doing Something Else
 - Listening to a podcast
 - Knitting/crocheting
 - Listening to a playlist
 - Moving around
- Desserts - Quick Fixes that You Can't Do Too Much of Without Feeling Icky
 - Scrolling social media
- Specials - Things That Are Infrequent but Give a Big Dopamine Hit
 - Vacations
 - Going to an arcade
 - Purchasing a new, big item
- Salads - Things That Are Good For You But You Don't Want To Do
 - Go for a walk (for some people)
 - Doing a workout
 - *This category was created by Makela Elvy*

Part 2: Small Group Brainstorm

Have groups throw out as many ideas as possible for each category.

Part 3: Making the Menus

Have each person make their own menu. Encourage them to take a picture or find another way to keep it.

Dopamine menus were popularized by Jessica McCabe of [How to ADHD](#) and Eric Tivers of [ADHD reWired](#).