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Turn a Dull Day Into A Mindful Day! Mindfulness with Children Feelings \u0026 Social/Emotional Books from Usborne Books \u0026 More (for all ages!) Hello, Happy! \u0026 No Worries! Hello Happy Mindful Kids An

Written in consultation with Dr Sharie Coombes, a Child and Family Psychotherapist, the books in the Mindful Kids series reflect the growing concern around young people and their emotions, and focus attention on the increasingly popular area of mindfulness. Hello Happy! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

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Hello Happy Mindful Kids Her quirky pictures will keep the reader entertained and focused as they work through the book, or simply dip into the pages for ten minutes of calm colouring. Author : Stephanie (Freelance Journalist and Writer) Clarkson

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Written in consultation with Dr Sharie Coombes, a Child and Family Psychotherapist, the books in the Mindful Kids series reflect the growing concern around young people and their emotions, and focus attention on the increasingly popular area of mindfulness. Hello Happy! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

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Title Mindful Kids 4 books collection (No Worries, Hello Happy, Be Brave, Stay Strong) Product description: A four book collection of Studio Press Mindful Kids series, featuring No Worries, Hello Happy, Be Brave and Stay Strong Each book features encouraging and simple exercises and activities for children to complete to tackle a range of issues from anxiety, sadness, and anger through to bullying, stress, and phobia.

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By (author) Stephanie Clarkson , By (author) Dr. Sharie Coombes , Illustrated by Katie Abey. Share. Hello Happy! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence. The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing ...

~~Hello Happy! Mindful Kids : Stephanie Clarkson : 9781783708994~~

Part of Mindful Kids a thoughtful range of activity books for children from Studio Press that includes No Worries, Hello Happy, Stay Strong and Be Brave. Written by Dr. Sharie Coombes, Child & Family Psychotherapist with an introduction and notes for grown-ups.

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Hi and Welcome I'm Laura the Founder of myHappyMind We help Primary Schools, Nurseries, and families to create a positive mental wellbeing culture in which children build

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resilience, self-esteem, and character. Our programs leverage the latest research, science, and technology to help children develop lifelong habits and learn to thrive.

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Part of Mindful Kids, a thoughtful new range of activity books for children from Studio Press. Includes an introduction and notes for grown-ups by consultant Dr Sharie Coombes, Child & Family Psychotherapist. Dr Sharie Coombes is a former primary teacher, headteacher and local authority adviser who retrained as a child and family psychodynamic psychotherapist, neuropsychologist, solution-focused therapist, and specialist paediatric hypnotherapist.

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