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Mindful Kids An Activity
Book For Young People
Who Sometimes Feel Sad
Or Angry
Hello Happy Mindful Kids
An Activity Book For
Young People Who
Sometimes Feel Sad Or
Angry

Read Online Hello Happy Mindful Kids An Activity

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Navigating COVID, Adjusting
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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

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Book For Young People
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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Who Sometimes Feel Sad
Or Angry

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

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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.

~~Hello Happy! Mindful Kids by Katie~~

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~~Abey, Stephanie ...~~

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

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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.

~~Mindful Kids 4 Books Collection Set
(Hello Happy!, No ...~~

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Book For Young People , By
(author) Stephanie Clarkson , By
(author) Dr. Sharie Coombes ,
Who Sometimes Feel Sad
Illustrated by Katie Abey. Share. Hello
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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

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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~~

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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

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and notes for grown-ups.

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introduction and notes for grown-
ups.

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Book for Young ...~~

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Book For young people who
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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,

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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

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paediatric hypnotherapist.

Who Sometimes Feel Sad

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Book. £8.99 Quantity-+ Details. Hello
Happy! is an interactive self-care
activity book for children aged 7+ to

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Or Anxious

colour and doodle their way to being happy, calm and confident. The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to ...

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~~Book — Lela Loves Ltd —~~

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book for children aged 7+ to colour
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calm and confidence.

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