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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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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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Hello Happy! Mindful Kids : Stephanie Clarkson : 9781783708994

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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

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