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Who Sometimes Feel Sad
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their emotions, and focus attention on
the increasingly popular area of

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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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Clarkson

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children aged 7+ to colour and doodle
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Title Mindful Kids 4 books collection
(No Worries, Hello Happy, Be Brave,

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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,

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sadness, and anger through
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By (author) Stephanie Clarkson , By
(author) Dr. Sharie Coombes ,
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 exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings,

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Who Sometimes Feel Sad
Or Angry
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~~Hello Happy! Mindful Kids : Stephanie
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Studio Press that includes No Worries,
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child and family psychodynamic
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