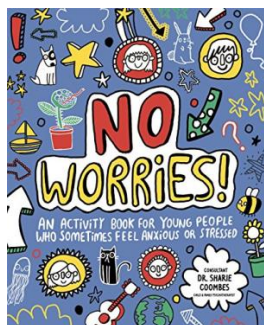


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## NO WORRIES! MINDFUL KIDS: AN ACTIVITY BOOK FOR YOUNG PEOPLE WHO SOMETIMES FEEL ANXIOUS OR STRESSED (PAPERBACK)



Templar Publishing, United Kingdom, 2017. Paperback. Condition: New. Katie Abey (illustrator). Language: English . Brand New Book No Worries! 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, colouring,...

**Read PDF No Worries! Mindful Kids: An activity book for young people who sometimes feel anxious or stressed (Paperback)**

- Authored by Lily Murray
- Released at 2017



Filesize: 5.37 MB

### Reviews

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