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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, doodling and drawing.

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No Worries! Mindful Kids : Dr. Sharie Coombes : 9781787410879

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