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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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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 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.

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Hi and Welcome I'm Laura the Founder of myHappymind We help Primary Schools, Nurseries, and

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families to create a positive mental wellbeing culture in which children build resilience, self-esteem, and character. Our programs leverage the latest research, science, and technology to help children develop lifelong habits and learn to thrive.

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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 family psychodynamic psychotherapist, neuropsychologist, solution-focused therapist, and specialist paediatric hypnotherapist.

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"Gratitude is a very simple and effective mindful activity, directing children to focus on what they are

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