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## Mindfulness Colouring and Creativity Book for Children: To Enhance Creativity and Mindfulness in Your Child

By The Future Teacher Foundation

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mindfulness Colouring and Creativity Book for Children is no ordinary colouring book. It has been designed to enhance your child's creativity, yet still offer the calming experience of mindfulness colouring. The book continues the style of the original Mindfulness Colouring Book for Children and contains a variety of enjoyable and relaxing creative activities. These fun artistic challenges require a much deeper level of thought to complete - compared to a regular colouring book. As your child progresses through the book, the level of creative and artistic challenge increases. Created by an experienced teacher with a passion for creativity, that has been teaching mindfulness to children for years. The book contains a written introduction for children, explaining clearly in child-speak the concept of the book plus top tips for being creative and imaginative when completing the activities. There is also information for adults that will enable you to further support your child's learning, if you so wish. However, the book has been designed so that children can complete without adult support if you prefer. The whole book...



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