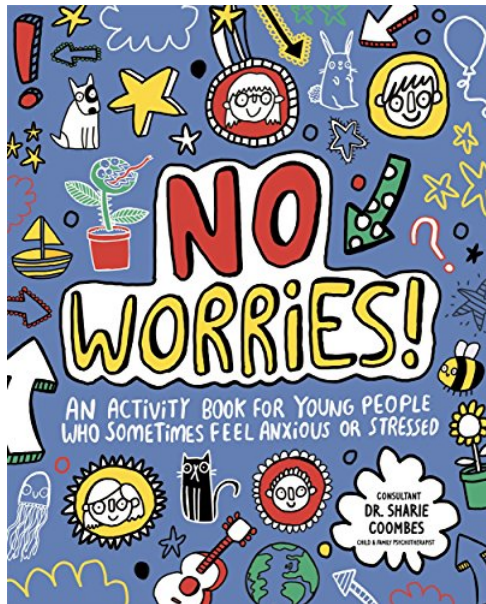


[GET] No Worries! Mindful Kids: An activity book for young people who sometimes feel anxious or stressed



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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. Featuring the charming and quirky illustrations of Katie Abey, a UK-based illustrator. Her quirky pictures will keep the reader entertained and focused as they work through the book, or simply dip into the pages for ten minutes of calm colouring. 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, neuropsychotherapist, solution-focused therapist, and specialist paediatric hypnotherapist. Sharie gained a doctorate in education from the University of Brighton in 2007 and is an expert in the therapeutic use of linguistic patterns. Alongside a busy private therapy practice in Brighton, she has worked part-time as a child, adolescent and family psychotherapist at the

NHS Tavistock Clinic in London with adopted and fostered children, young people and families. She now works with the psychosocial team in the British Red Cross Refugee Support and International Family Tracing team. Sharie has 2 adult children.

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