

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
Help Manage Stress, Anxiety
And Worry (Colouring Books)

The Healthy Coping Colouring Book And Journal: Creative Activities To Help Manage Stress,

Download Free The Healthy
Coping Colouring Book And
**Anxiety And Other
Big Feelings
(Colouring Books)**

*Children love to unwind and
relax with this fun exercise*

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
known as "muscular
relaxation". Children relate
to the angry octopus in this
story as the sea child shows
him how to take a deep
breath, calm down, and
manage his anger. This
effective stress and anger

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Coping Colouring Book And
Journal: Creative Activities To
management technique focuses
awareness on various muscle
groups to create a complete
resting of the mind and
body. Muscular relaxation
can lower stress and anxiety
levels. It can be used to
decrease pain and anger.

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To

This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully. This is one of four stories featured on the Indigo Ocean Dreams CD. You have found a soft place

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to land. With its soothing affirmations and coloring pages, The Comfort Coloring Book reminds you that all is well, and you are loved. Use "The Comfort Coloring Book" to relax, meditate on positive messages, and

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
restore your peace of mind.
Color the book with friends
to have fun and uplift your
spirits Or color with your
children to help them see
themselves and the world
with more kindness and love.
Open these pages, get out

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
your crayons, and color your
way back to the wonderful
truth of who you are. You
are good. You are loved. And
you are standing in a
friendly universe.
This illustrated, write-in
book is an unworry toolkit,

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Journal: Creative Activities To
*for distracting you from any
anxieties, calming you down,
and providing a place to
(sort through your worries
and thoughts. It includes a
variety of activities, from
things to write, colour and
design, to calm-down tactics*

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
and relaxation exercises.
Designed to appeal to a wide
range of ages, with a range
of activities and ideas to
suit all sorts of people.
Researched and developed
with a psychologist to give
it weight and relevance, and

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Coping Colouring Book And
Journal: Creative Activities To
*make it as useful as
possible. Includes internet
links to websites that offer
(support to young) people and
parents or carers of worried
children, and details of
charities that can help.
"Is it easy to come home*

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after being in jail?" Ideal for use with children aged 6-11, this is a vital resource for supporting the wellbeing of children whose parent is coming home after spending time in prison. Using plain language and

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photographs, it reassures
children and guides them
through adjusting to their
parent's homecoming. It
explains which feelings the
child and both parents might
experience and the different
challenges that everyone in

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Journal: Creative Activities To
the family might face, while
Help Manage Stress, Anxiety
suggesting ways to build new
bonds with the parent.

Included are activities to
help children manage their
feelings, tips for parents
and professionals on how
best to support them, and a

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Journal: Creative Activities To
list of resources for
additional help and
information.

Anti-Stress Guided
Activities in Drawing,
Lettering, and Patterns
My Intense Emotions Handbook
Anxiety and Stress Relief

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Coping Colouring Book And
Journal: Creative Activities To
**Coloring Book Featuring 40
Paisley and Henna Pattern
Coloring Pages
A Guide for Friends, Family
and Professionals
Peace Be with You: an
Inspirational Coloring Book
for Stress Relief and**

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Coping Colouring Book And
Journal: Creative Activities To
Creativity
Stress Relieving Patterns
Doodle Your Worries Away
*(Peace Be with You: An
Inspirational Coloring Book
for Stress Relief and
Creativity invites you to a
few moments of relaxation,*

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Coping Colouring Book And
Journal: Creative Activities To
creativity, and self-care as
you meditate on Scripture
while coloring your way to
(calm.
(Colouring Books)

Feeling Anxious and
stressed? Why not sit down
and unwind with this Anxiety
Coloring Book for adults?

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
Containing 40 paisley and
henna coloring pages
designed to help relieve
(anxiety and stress). The
designs within this coloring
book for grownups range in
complexity, from simple
designs for beginners to

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
more complex detailed
designs for more experience
coloring book enthusiasts.

The coloring pages within
this book are printed single
sided to prevent bleed
through from marker pens and
felt tips. And are also

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Coping Colouring Book And
Journal: Creative Activities To
suitable for a variety of
other mediums, such as gel
pens, coloring pencils and
(crayons. The pages can also
be removed for hanging or
framing purposes. As well as
being good value for money
for personal use or as a

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Journal: Creative Activities To
gift, this book contains
hours of fun, refreshing,
stress relieving designs
(that promote Creative
expression and calmness.
While designed with stress
and anxiety relief for
adults in mind, this book is

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Journal: Creative Activities To
suitable for all ages.

If you're transgender, non-
binary, or any other gender
(under the wide and wonderful
trans umbrella, this book is
for you. A creative journal
and workbook with a
difference, this book

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Coping Colouring Book And
Journal: Creative Activities To
combines coloring pages
celebrating trans identity,
beauty and relationships,
(with practical advice,
journaling prompts and space
for reflection to promote
self-affirmation and
wellbeing. Drawing on CBT

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Journal: Creative Activities To
and mindfulness techniques,
the book covers topics

including body positivity
(and neutrality, coming out,
euphoria and dysphoria,
building new friendships and
navigating relationships
with your friends and

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family, and is the go-to
Help Manage Stress, Anxiety,
resource for anybody who has
And Other Big Feelings
ever felt the pressure to
(Colouring Books)
conform to a singular
definition or narrative.
Theo Nicole Lorenz's heart-
warming and empowering
illustrations of trans

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Journal: Creative Activities To
people will provide
reassurance that you are
never alone, and are a
reminder to always treat
yourself kindly.

*The Nasty Woman Resistance
is here! A coloring book for
women and girls to express*

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Coping Colouring Book And
Journal: Creative Activities To
empowerment and unity. The
words "Nasty Woman" have
become part of the national
(lexicon and are a symbol of
resistance against those who
are not supportive of
women's rights. We must
resist this force and show

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Coping Colouring Book And
Journal: Creative Activities To
that Nasty Women, or those
that speak their minds, are
here to stay and will not be
(silenced. Inspirational

artwork and sayings
including: Nasty Woman Unity
is Power Stronger Together
Girls Rule Women's Rights

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Coping Colouring Book And
Journal: Creative Activities To
are Human Rights Girls Kick
Ass Girls just wanna have
"fun"—damental Human Rights
(Resist If you sexist me I
will feminist you Fight Like
a Girl #NastyWoman Nasty
Women Vote Nevertheless She
Persisted ...and more! 23

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
unique images and an
additional 23 "midnight
versions" (black background
with white artwork). Stay
strong friends, Marie Rivers
Monster Coloring Book
Angry Octopus Color Me
Happy, Color Me Calm

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Journal: Creative Activities To
The Trans Self-Care Workbook
Help Manage Stress, Anxiety
A CBT Doodling Workbook for
(Children Who Feel Worried Or
Anxious

Crush and Color: Jason Momoa
Improve your Self-Esteem,
Self-Care and Self Knowledge

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Coping Colouring Book And
Journal: Creative Activities To
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

With bullying affecting approximately one in five children, and an increase in bullying on social media, it remains a frighteningly common issue for children growing up today. Written in a young adult

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Coping Colouring Book And
Journal: Creative Activities To
fiction style, Be Bully Free gives
the recipient of bullying direct
and practical advice to help
empower them and take back
control of their situation. The
advice is grounded in real world,
everyday bullying scenarios and

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Journal: Creative Activities To

additional information is provided
to help children in a range of well-
being areas such as nutrition,
exercise, sleep, anxiety and
more, making the book a highly
valuable resource for any child
11+ who is experiencing or has

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Help Manage Stress, Anxiety
And Other Big Feelings
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experienced bullying. Sections for families and schools are also included.

When your parents tell you that they are getting divorced, you might have lots of big feelings - like anger, fear and sadness -

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Journal: Creative Activities To
and lots of questions too. This
journal is packed full of activities
that will help you work through
these feelings and get your
thoughts and questions out into
the open. This journal from
parenting expert Sue Atkins

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gives children aged 7+ a safe place to express their feelings about divorce and the resulting changes, so that they can start to understand them. Full of creative activities to help them process this life-changing event, it

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Journal: Creative Activities To
provides children with a source
of strength and comfort through
this challenging time, as well as
giving them a way of sharing
how they are feeling with a
trusted adult.

"This book will help you

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understand what is happening to your mom or dad who goes to jail..." Ideal for use with children aged 6-11, this is an invaluable resource for supporting the wellbeing of children whose parent is incarcerated. It explains

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Help Manage Stress, Anxiety
And Other Big Feelings
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what jail is like and why some people have to go there, while reassuring children that their parent loves them, is safe, and is working hard to come home again. Included are activities to help children manage their

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feelings, tips for parents and
professionals on how best to
support them, and a list of
resources for additional help and
information.

The third book from
internationally bestselling

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Journal: Creative Activities To
illustrator Emma Farrarons.
Help Manage Stress, Anxiety
Your Body is Awesome
And Other Big Feelings
Anti-Stress Art Therapy for Busy
(Colouring Books)
People

The Nasty Woman Resistance
Coloring Book

Teen Substance Use, Mental

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Health and Body Image
Help Manage Stress, Anxiety
Bariatric Mindset Coloring Book
And Other Big Feelings
Manage Your Emotions and
(Colouring Books)
Connect Better with Others
The Creative Therapy Colouring
Book
Unleash your creative spirit

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And Other Big Feelings
(Colouring Books)

with this sophisticated anti-stress colouring, doodling and drawing book. The flowing lines, sweeping swirls and highly-detailed patterns on every illustration have been created so that anyone and

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Coping Colouring Book And
Journal: Creative Activities To
everyone can enjoy making
something beautiful and
calming. Increasing focus
through creativity can benefit
those who find it difficult to
unwind or struggle to find their
inner artist when faced with a

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blank page. There are no instructions, no rights or wrongs, and no need for expensive art supplies - readers can simply doodle and colour in any way they wish to create unique and exquisite

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Journal: Creative Activities To
pieces.

This workbook has everything
you need to achieve
connected eating, body
positivity and balanced
exercise. It will help you stay
well informed about how

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bodies change emotionally
and physically in the teen
years, and why good nutrition
is critical for growth and
development. It debunks any
myths about diets and
'forbidden' foods and also

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gives you the tools and
strategies to avoid potential
triggers of disordered eating.
No Weigh! A Teen's Guide to
Positive Body Image, Food,
and Emotional Wisdom will
help you develop a lifelong

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Journal: Creative Activities To
healthy relationship with your
Help Manage Stress, Anxiety
food! We eat every day, so
And Other Big Feelings
why not eat with pleasure, joy
(Colouring Books)
and happiness?

"Let's Make Coloring Great
Again!" AS SEEN ON CNN!
Whether he's crossing the

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Delaware or playing chess
with Putin, see Donald Trump
like you've never seen him
before! Over 50 drawings of
Trump for you to color—any
way you want! YOU decide
what color his superhero

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Journal: Creative Activities To
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

costume is! YOU decide what
shade his hair is! Are you For
or Against? It's up to you!
Now's your chance to show
The Donald in his true colors!
The Trump Coloring Book
makes a great gift for all the

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Coping Colouring Book And
Journal: Creative Activities To
Americans in your life!
This coloring book is filled
with wholesome affirmations
(Colouring Books)

to help when anxiety,
depression, or low self-esteem
feel overwhelming. Center
your mind with a physical

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Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

coloring activity of these
positive thoughts to help cope
with mental health challenges.
Crowd out anxious, racing,
runaway, or toxic thoughts
with positive phrases like "I
can do it," "This is tough but

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Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

so am I," and "A small step is still a step." Also useful for stress relief, building confidence, or providing self-reassurance. This coloring book includes two copies of twelve colorable phrases for a

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Journal: Creative Activities To
total of twenty-four coloring
pages in all.

Things I Got Wrong So You
Don't Have To

The Healthy Coping Colouring
Book and Journal

A Hands-On Guide to How You

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Journal: Creative Activities To
Can Take Control
Help Manage Stress, Anxiety
The OCD Coloring Book
And Other Big Feelings
Cards Against Anxiety
(Colouring Books)
The Comfort Coloring Book
Adult Coloring Book,
Celebration Edition

This is a guide to the

Page 58/139

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emotional and
interpersonal issues you
may encounter as a young
adult, packed with advice
and real-life stories of
hope and resilience from
people in similar

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Journal: Creative Activities To
situations. This book will
Help Manage Stress, Anxiety
help you to gain an
And Other Big Feelings
understanding of the
(Colouring Books)
influence of your early
emotional experiences, and
share tried-and-tested
strategies, drawing on a

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Journal: Creative Activities To
range of psychological
Help Manage Stress, Anxiety
approaches and evidence-
And Other Big Feelings
based strategies. This
(Colouring Books)
book also looks at how
emotions can affect our
relationships, with a
focus on building empathy

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Journal: Creative Activities To
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

*for others, getting what
you want out of
friendships and
relationships and dealing
with the hard parts like
boundaries and saying no,
making amends when needed,*

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Coping Colouring Book And
Journal: Creative Activities To
and recognising and
Help Manage Stress, Anxiety
breaking problematic
And Other Big Feelings
relationship patterns.
(Colouring Books)

With personal stories and
resources throughout, this
is a guide to refer to as
little or often as you

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like, helping you to
Help Manage Stress, Anxiety
understand your emotions
And Other Big Feelings
and find the strategies
(Colouring Books)
that work best for you.

*Missing You is an adult
coloring and activity book
for those grieving their*

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Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

*loved ones. There are
pages that allow you to
write down memories, what
you wish you could tell
them, as well as a blank
framed page to personalize
with pictures, notes or*

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Coping Colouring Book And
Journal: Creative Activities To
drawings. There are 24
pictures and pages to
color. The illustrations
are on one side of the
page to minimize ink
bleeding. There is a
Remembering Dad and

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Coping Colouring Book And
Journal: Creative Activities To
Remembering Mom
counterpart book for those
who lost their moms and
dads.
(Colouring Books)

*This is a mental health
guide from popular
campaigner and educator*

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Journal: Creative Activities To
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And Other Big Feelings
(Colouring Books)

*Pooky Knightsmith, author
of The Healthy Coping
Colouring Book. Pooky
describes her living
experience with mental
health and the things that
have helped her and which*

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she's learnt along the way. The advice, ideas and guidance are sourced from many unlikely teachers and experiences, and there are tips at the end of each lesson for the reader.

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Journal: Creative Activities To
Bodies do all sorts of
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

amazing things, like move
around, grow bigger and
heal themselves. Bodies
also come in all sorts of
shapes and sizes and we
need to take care of them

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Coping Colouring Book And
Journal: Creative Activities To
so that they stay healthy
and strong. If we listen
to our bodies they tell us
exactly what they need.

The colorful illustrations
in this unique picture
book will encourage

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Coping Colouring Book And
Journal: Creative Activities To
children to love their
bodies from an early age.
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)
By learning about all the
wonderful things bodies
can do, and how each body
is different and unique,
children will be inspired

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Journal: Creative Activities To
to take good care of their
bodies throughout their
lives. Promoting respect
for body diversity among
children will also
encourage kindness and
help prevent bullying.

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This book is ideal for children aged 4 and upwards to read at home or school, either alone or with a parent, family member, teacher or other caring professional.

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Coping Thoughts
The Trump Coloring Book
And Other Big Feelings
50 High-Quality Mandala to
Coloring & Change Anxiety
and Negative Thoughts
Within You to Piece of Art
A Self-Help Kid's Coloring

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*Book for Overcoming
Anxiety, Anger, Worry, and
Stress*

Body Respect for Children

*Tell Me about When Moms
and Dads Come Home from
Jail*

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And Other Big Feelings
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*F*ck Trump*

*A guide for primary and
secondary school teachers on
interacting and working with
parents with a strong focus on
developing empathetic
professional skills.*

Page 77/139

Download Free The Healthy Coping Colouring Book And

*Journal: Creative Activities To
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)*

Full of creative activities, this journal and colouring book aims to help young people aged 8-14 manage difficult thoughts, feelings and emotions such as anger and anxiety. It includes space to write and draw,

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Journal: Creative Activities To

*colouring pages, inspirational
quotes and poems, and provides
a host of healthy coping
strategies.*

*The bestselling adult colouring
book! Working with your hands
is one of the best ways to*

Download Free The Healthy Coping Colouring Book And Journal: Creative Activities To Soothe Anxiety and Eliminate Stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus. Beautifully illustrated, The

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Journal: Creative Activities To
Mindfulness Colouring Book is
filled with templates for
exquisite scenes and intricate,
sophisticated patterns,
prompting you to meditate on
your artwork as you mindfully
and creatively fill these pages

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
with colour. Take a few minutes
Help Manage Stress, Anxiety
out of your day, wherever you
And Other Big Feelings
are, and colour your way to
(Colouring Books)
peace and calm.

*Boosting your confidence and
changing your mindset is an
essential part your weight-loss*

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Journal: Creative Activities To
journey. Often times stress and
negative cyclical self-talk that
may be grounded in self-doubt
and 'not good enough' thinking
can make you feel defeated.
This coloring book promotes
mindfulness, the act of being

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Journal: Creative Activities To
*present, while promoting calm
and relaxation which are
important for the bariatric
weight- loss journey. This
coloring book also includes
journaling pages to reflect on
your process of lifestyle change*

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Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)
*or create new inspiration to help
you grow through your weight
loss process. The added
mantras and affirmations help
to boost confidence, give
encouragement and promote
motivation. This coloring book is*

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Journal: Creative Activities To
another asset to guide you on
Help Manage Stress, Anxiety
your journey as you shift your
And Other Big Feelings
mindset, your habits, and
(Colouring Books)
behaviors on the path to
creating the new YOU. Expand
your mindset, shrink your
body... One step at a time!

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Journal: Creative Activities To
*A Teen's Guide to Positive Body
Image, Food, and Emotional
Wisdom*

*Adult Coloring Book Mandala
We Need to Talk about Parents
48 Lessons to Banish Burnout
and Avoid Anxiety for Those*

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
Who Put Others First
*Tell Me about When Moms and
Dads Go to Jail*
(Colouring Books)

An Adult Coloring Book

The Mindfulness Creativity

Coloring Book

Max is a child who worries. A

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And Other Big Feelings
(Colouring Books)

lot. He worries about being bitten by spiders, abducted by aliens, or sometimes just that people don't like him enough. Soon it feels like his worries might take over the world! Thank goodness for

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And Other Big Feelings
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Bob the dog, who shows Max that the best way to deal with worries is to share them with a friend. Told with sensitivity and a sense of fun, this relatable story encourages empathy and

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Coping Colouring Book And
Journal: Creative Activities To
illustrates the importance of
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)
children is a growing
problem and this warm-
hearted picture book
provides a much-needed aid

Download Free The Healthy Coping Colouring Book And Journal: Creative Activities To help parents calm their children's worries. Much like Benji Davies' Grandad's Island, this story tackles a sensitive issue with a lightness of touch, allowing parents to approach a

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difficult topic through the
comfort of a fun story.
Gabriel Alborozo's
illustrations brilliantly
capture family life and his
appealing artwork injects
some gentle humour into

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And Other Big Feelings
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situations that will be familiar to many families. A modern take on Virginia Ironside and Frank Rodgers' The Huge Bag of Worries, Carol McLeod and Katherine Martin's Fill a Bucket and

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Amanda McCardie's A Book of Feelings, this is the perfect calming bedtime read for children ages 3 years and up. Praise for Gabriel Alborozo's The Colour Thief - 'With minimal

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Journal: Creative Activities To
text, simple drawings and an
explosion of colours, this is
an absolutely delightful book
to share' - Irish Examiner

This workbook draws on CBT
and creative therapy
methods to help children

Download Free The Healthy
Coping Colouring Book And
Journal: Creative Activities To
aged 8+ understand their
worry and anxiety. Featuring
50 fun and engaging
doodling activities, this book
allows young people to tune
into their worries and their
sources, using creativity to

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And Other Big Feelings
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process anxiety, and building confidence to find their own solutions. This exploration can be independently led by the child themselves or with guidance from a parent or professional. Drawn from

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Coping Colouring Book And
Journal: Creative Activities To
over 15 years of experience
of supporting young people
with anxiety, this workbook
takes an integrative
approach and is a valuable
resource for anyone looking
to support a child**

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experiencing worry.
Help Manage Stress, Anxiety
And Other Big Feelings
(Colouring Books)

This light-hearted, self-help coloring book will guide 4-11 year olds and their parents, teachers, or counselors through simple everyday techniques used to control

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anger, reduce stress and
increase happiness. Simple
strategies empower children
to self-sooth, manage anger,
and improve emotional
intelligence.

Have you ever been told you

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are chatty or fidgety at school? Do you have a constantly whirring mind? Do you 'tune out' and daydream or find it hard to pay attention? ADHD can impact your life in many ways. This

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positive, self-affirming guide
Help Manage Stress, Anxiety
will increase your knowledge
And Other Big Feelings
about ADHD and empower
(Colouring Books)
you in your daily life. The
chapters are full of tips,
tricks and life hacks so you
can better manage your

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time, harness your creativity,
energy and enthusiasm, and
make more time for fun!

Reflection activities and
quizzes will help you better
understand yourself and
learn strategies on how to

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manage the intense
emotions of rejection
And Other Big Feelings
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sensitivity. You'll learn the
fundamentals of great self-
care and how to look forward
to life beyond school. Learn
how ADHD brains work, and

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tricky concepts like
Help Manage Stress, Anxiety
executive functioning. Quick
And Other Big Feelings
chapter summaries let you
(Colouring Books)

pick which sections are most
relevant to you right now,
and the strategies and
visuals are designed for

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ADHD brains and can be used with support from parents, mentors or teachers. The Teenage Girl's Guide to Living Well with ADHD gives you all you need to build on your strengths

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and overcome challenges to
Help Manage Stress, Anxiety
fully embrace who you are
And Other Big Feelings
and live your best life.
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Grief, Loss and Comfort
Angry Octopus: An Anger
Management Story for

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Children Introducing Active
Help Manage Stress, Anxiety
Progressive Muscle
And Other Big Feelings
Relaxation and Deep
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Breathing to Help Control
Anger
Practical Strategies for
Support

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Anxiety Coloring Book
A Coloring Book: Calm
And Other Big Feelings
Coloring Pages to Cope with
(Colouring Books)
Anxiety, Depression, Low
Self-Esteem,
Runaway/Racing Thoughts,
Mental Health

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The Divorce Journal for Kids
Help Manage Stress, Anxiety
The Teenage Girl's Guide to
And Other Big Feelings
Living Well with ADHD
(Colouring Books)

As young people are exposed to more and more pressure at school, exam stress comes hand in hand. This workbook, a fun and interactive

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resource aimed at children and teens aged 10 and over, offers teachers, other professionals and parents tried and tested techniques to support young people's wellbeing through revision and exams. Applying a cognitive behavioural framework, it

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will help pupils to consider academic stress in terms of thoughts, feeling, body sensations and behaviour. Strategies encompass managing a child's lifestyle, namely exercise and diet, tried and tested CBT techniques, relaxation, positive self-

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talk and thought challenging, and other psychological methods such as mindfulness. Chapters will look at the day of the exam itself, evaluate stress in children with special educational needs and provide practical advice for parents as to

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how they can most successfully
support their child. With
photocopiable resources to use with
the young person and suitable for
either individual use or group work,
Supporting Kids and Teens with
Exam Stress in Schools will guide

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parents, teachers, tutors, therapists and other supporting adults to conquer students' fears, improve exam performance and, perhaps most important of all, maintain a work-fun balance in young people's lives.

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**The Healthy Coping Colouring Book
and Journal Creative Activities to
Help Manage Stress, Anxiety and
Other Big Feelings**

**Rediscover the beauty around you.
Open this coloring book and be
reminded of splendor everywhere.**

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And Other Big Feelings
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**Beauty abounds in the extraordinary
and the ordinary...and even in the
mundane. Whatever your
circumstances, beauty is there,
waiting to be noticed and cherished.
Allow yourself the time to stop and
see the beauty our God has fashioned**

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Journal: Creative Activities To
in creation, in one another, and in
His grace. Each perforated coloring
page features an original design from
one of nine different artists,
beautifully illustrating an
inspirational quote from hymns,
Scripture, writers, preachers, and

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teachers. So grab your colored pencils and your closest friends and take some time to relax and reflect on the beauty all around you. To help set the perfect mood for worship, contemplation, and creative expression, a link to the "Everything

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Beautiful" Spotify playlist is included. #EverythingBeautifulBook Meet Asher - a teenager who self-harms to manage their feelings when it all feels like too much. The latest in the best-selling Can I Tell You About... series describes what self-

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harm is, along with the wide range of behaviours that qualify, why teens do it, and how to get help if you feel the need to self-harm. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise

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introduction dispels common myths
and offers helpful resources to break
the cycle of self-harm. By initiating
the conversation around self-harm,
this guide will offer alternative
avenues for children and young
adults to pursue when dealing with

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big feelings, such as professional
counselling, distraction, and friends
and family. This easy-to-read guide
is suitable for readers 7+, along with

their parents, teachers, and friends.
All author royalties from the book
will go towards the Charlie Waller

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Memorial Trust.
A Coloring Book of Fantasies with
an Epic Dreamboat
A Teachers' Guide to Working With
Families
Missing You
Supporting Kids and Teens with

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Journal: Creative Activities To
**Exam Stress in School
No Weigh!
Thank Goodness for Bob
Be Bully Free**
(Colouring Books)

“Our favorite coloring book company.”
– *The Skimm The runaway bestseller,*
as featured in TIME Magazine, the

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New York Times, USA Today and
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grade paper and perforated edges
provide an unmatched coloring
experience and allows for

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experimentation with different media.

Packed full of creative activities and coping strategies, this journal and colouring book is the perfect companion when faced with difficult thoughts and feelings. Whether you are stressed out at home or school, or work feeling anxious or simply in need

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Journal: Creative Activities To

*of some relaxation, this workbook
provides a place for you to express*

your emotions. Put your own personal

(stamp on colouring, journaling and

drawing activities and explore healthy

ways of coping with difficult feelings

such as anger and anxiety through

inspirational quotes, poems and

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practical advice

*Let your imagination roam free and
color your way to calm Mindfulness is
the antidote to stress—but in stressful
times, it can seem just out of reach.*

*Enter The Mindfulness Creativity
Coloring Book, here to soothe your
anxiety and help you find “flow,” with*

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adult coloring and guided activities.
Internationally celebrated illustrator
Emma Farrarons invites you to
(complete drawings in perfect
symmetry, create patterns, practice
hand-lettering, and, of course, do lots
of coloring—from adorable woodland
creatures to Scandinavian motifs.

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*Perfectly sized to carry with you, this
inspiring little book puts art therapy
right in your pocket*
"Let's Make Coloring Great Again!"
*The President is a joke, but this book
is no joke Whether he's crossing the
Delaware or playing chess with Putin,
see Donald Trump like you've never*

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*seen him before! Over 20 drawings of
Trump for you to color-any way you
want! Are you For or Against? It's up
to you! Now's your chance to show
The Donald in his true colors! The
Trump Coloring Book makes a great
gift for all the Americans in your life! 25
single-sided illustrations for adults A*

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*funny Christmas gift for both women
and men Hours of laughter and feel
good vibes - I mean when was the last
time you colored and you actually felt
better from it? My Trump hating uncle
and aunt absolutely loved this! She
never seems too jazzed about
anything but she lit up when she*

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Help Manage Stress, Anxiety
And Other Big Feelings

*opened this coloring book! Bought this
for my girlfriend and it is absolutely
hilarious!*

(The Unworry Books)

*Creative Activities to Help Manage
Stress, Anxiety and Other Big Feelings
A Workbook
Everything Beautiful*

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The Mindfulness Colouring Book

*A Coloring Book and Journal for Trans
and Non-Binary People*

*(The Mindfulness Moments Colouring
Book)*

This is a 32 page coloring book of
all kinds of funny monsters: small
and large, smart and dumb, huge

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teeth, horns and thorns, hick-ups
with fire, eating everything in sight -
And Other Big Feelings
you name it. All of the monsters are
(Colouring Books)
kid friendly, even 3 year olds love
them! Many of the pictures are the
same as in the children's picture
book "The Monster Under The

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Bed", there is no writing in this
coloring book. Have fun coloring!
Anti-Stress Colouring and Activities
for Busy People
Can I Tell You About Self-Harm?
Color Your Confidence
A Guidebook and Cards to Help

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You Stress Less
Help Manage Stress, Anxiety
A Coloring Book for Reflection and
And Other Big Feelings
Inspiration
(Colouring Books)