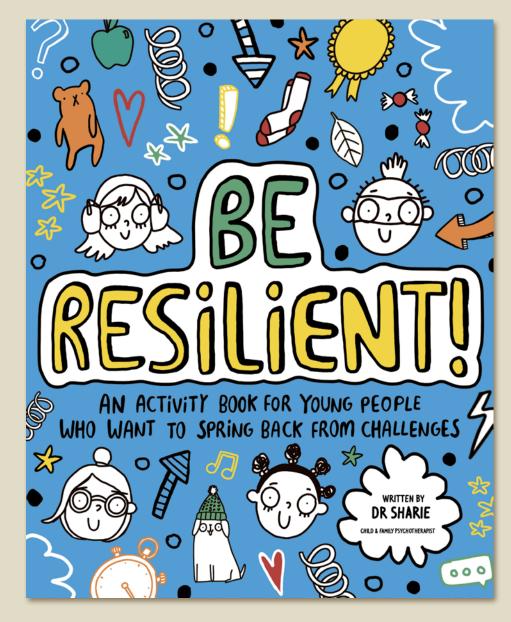
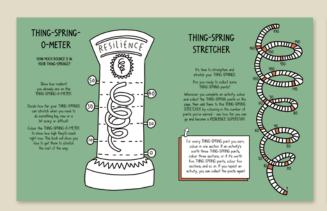
## Be Resilient! (Mindful Kids)



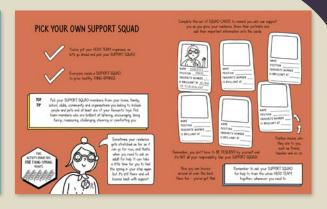
## Activities to build resilience

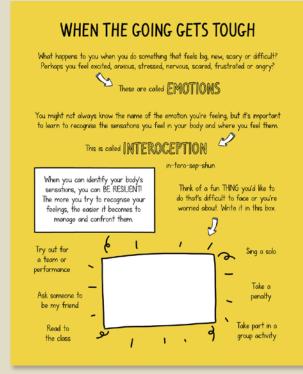
- Mindful Kids is an activity book series designed and written for children about emotions and feelings.
- Targeted specifically at children aged 7+ and focused on experiences that will affect this age group.
- Use creativity to build resilience with writing and doodling activities.
- Written by Dr Sharie, Child & Family Psychotherapist.
- Combined, the Mindful Kids series has sold 1 millions copies worldwide (as of July 2022)

## Be Resilient! (Mindful Kids)











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