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## Be Happy Color!: Mindful Activities Coloring Pages for Kids (Paperback)

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By Hannah Klaus Hunter

Walter Foster Jr., United States, 2016. Paperback. Book Condition: New. 254 x 216 mm. Language: English . Brand New Book. Coloring is a great method to promote child development and learning through artistic self-expression. Coloring is a great method to promote child development and learning through artistic self-expression. Be Happy Color pairs this essential part of growing up with tools and techniques that can help children learn to express themselves and support their emotional well-being. Alongside beautifully illustrated coloring pages, this book provides guided therapeutic instruction from a well-known children's art therapist to promote feelings of calm, happiness, and well-being and help children combat feelings of sadness or anxiety.



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