



Be Happy Color!: Mindful Activities Coloring Pages for Kids

By Hannah Klaus Hunter

Walter Foster Jr., United States, 2016. Paperback. Book
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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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