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Children will enjoy using their creativity to combat negative feelings and work out how to cope with these emotions through writing, colouring, doodling, drawing, DIY and physical activities.

Keep Calm! will show children how to feel more comfortable with the current uncertainty, stay safe, enjoy the positives, find hidden advantages, look forward to the future, and talk to others about their concerns and worries.

The quirky illustrations will keep the reader entertained and focused as they work through the book, or simply dip into the pages for ten minutes of calming activity.

There's also a section at the back of the book for parents, guardians and carers with important information on how to support their child through this difficult time.

Part of *Mindful Kids* a thoughtful range of activity books for children from Studio Press that includes *No Worries*, *Hello Happy*, *Stay Strong*, *Be Brave*, *Be Positive* and *Letting Go*.

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