



Children's emotion & affirmation cards

Children's thoughts & feelings journal

'Help Me Feel Ok' is a thoughts and feelings journal just for kids... Beautiful quality, full colour, hard back design - the perfect gift for your child, or for a family.

This journal has been designed to help children to understand, discuss and accept their feelings, and encourage them to look for the positives, as well as to develop good self-esteem and self-worth.

Included are affirmation pages, mindful colouring pages and 50 daily journal spreads to describe and track feelings and emotions.

Size: 18cm square paperback Hardback, spiral binding that can lay flat and fold back on itself. Internal pages are 200gsm. Holographic silver foiled detail to the covers.

This children's set of 54 beautifully illustrated affirmation and emotion cards have been created especially for kids! They feature all of your favourite artwork from the 'One Step At A Time' series.

They come in a sturdy storage box, with a wooden stand to display your chosen card. The cards also have a beautiful silver edge. They are a lovely chunky size too - perfect for little hands!

Holographic silver foiled detail to the card box and card edges. Card size approx:12.5 x 10cm

> Journal £8+VAT each ~ RRP £19.99 Pack size ~ 3

Card Sets £12.50+VAT RRP £24.99 Pack size ~ 3





