

Self Esteem Coloring Pages For Kids

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Self Esteem Coloring Book Christie Cole 2021-04-28 An Self Esteem coloring book inspired by a famous Gunna A great confidence boost activity for all ages!

I Am Pretty Great: A Dragon Coloring Book About Self-Esteem, Self-Confidence and Positive Affirmations. (My Dragon Coloring Book) Steve Herman 2021-02-22 Empower and harness the power of self-love, self-esteem and self-confidence with this dragon affirmation coloring book. Featuring the cute and loveable characters Diggory Doo and Drew from My Dragon Book series, this coloring book includes 36+ coloring pages with bright, happy images with meaningful words will strengthen your children's self-esteem through the power of positive affirmations. Children's subconscious mind will pick up on the positive messaging so that they can overcome any limiting beliefs or behaviors, and replace them with positive characteristics for their future success. Get this book now and teach your kids that they are pretty great just the way they are!

The Self Love Coloring Book Emily Hoffmann 2021-05-10 The Self Love Coloring Book!Color your way to body acceptance and empowerment with this self love coloring book! It is full of beautiful bodies of all shapes and sizes, body empowerment affirmations, and creative designs. All of the artwork in this coloring book is original and created to show the beauty of the female form and embrace our own lovely bodies. *

8" x 10" Coloring Book* 20 coloring pages of female form illustrations * Stress relieving designs* Body empowerment affirmations * Single sided printing for best use* Perfect gift for the women in your life

Self Esteem Coloring Book Ellen Buchanan 2021-04-28 An Self Esteem coloring book inspired by a famous Eva Mendes A great confidence boost activity for all ages!

You Are Awesome 2016-09-01 Funny Adult Coloring Book

I Am Smart - A Coloring Book for Girls Alice Devon 2020-08-14 How To Use This Confidence Building Coloring Book For Girls:What?Social Skills Building Activity Ready To Use No Prep Worksheets!Kids bored? Stuck At Home?Make learning about social skills more fun!Say GOODBYE to just any old boring "Confidence Building" worksheets and say HELLO to the exciting world of "Girl Empowerment Coloring Book" for girls!Are your students learning social skills? My Confidence Building Coloring Book can help. Big, bright illustrations catch the eyes of youngsters, delighting them and grabbing their attention. These playful cute imaginative coloring pages help girls learn the basics of creative play and following directions all while building their confidence, turning learning into a fun game.I love this activity because it's flexible, has all the elements of learning to build self esteem and makes it a fun interactive activity! Enjoy!

Amazing Me, Inspirational Coloring Book for Girls Titima Publishing 2021-02-25 This Coloring book is designed to entertain girls and help them build confidence , self esteem and develop mindfulness while inspiring and entertaining. Every page is filled with fun doodles and includes inspirational affirmation, designed to empower girls to believe that they are brave, beautiful, smart, happy and much more. These coloring pages will help girls explore concepts such as creativity, kindness, hard work, beauty..... Is a good gift for girls 5 years up. Features: 60 Pages. Premium glossy cover. Size: 8.5"x11". Buy a copy, and let your princess have some fun!!

Empowering Coloring Book For Girls Rebecca Young 2021-02-17 An Empowering Coloring Book for Girls to help build Confidence, Happiness and Gratitude through positive affirmations for a more mindful life. This beautiful book is filled with cute, fun, inspirational illustrations and positive affirmations. It helps

children take practical steps towards creating their own happiness, positive self-esteem, and live a life filled with gratitude. Features: 52 beautiful hand-drawn coloring pages with positive affirmations to uplift and inspire Single sided pages: Each inspirational design is printed on one side only, for cut and display. Perfect size: 8.5 "x 11" for hours of coloring fun The illustrations in this 104-page coloring book are incredibly beautiful and will be the delight of any Flamingo fan This coloring book is all about the good vibes, and just perfect for any girl 4 years & up Give this amazing gift to your girl to build Confidence, Gratitude, Mindfulness, and Self-esteem.

Black Girl Coloring Book Aaliyah Wilson 2020-11-22 This amazing coloring book is all about building a girl's confidence, imagination, and spirit! Affirmations will build up your child's self-esteem and transform her sense of self! □ The 31 mermaid coloring pages encourage little girls to think beyond social conventions and inspire conversations with adults about what it really means to be confident, brave, and beautiful. This coloring book seeks to remind and inspire girls that they are worthy, beautiful, tough and enough...it encourages children to accept their unique qualities, and promotes positive self-esteem. Positive, educational and fun - a great gift for any girl! □ 31 beautiful illustrations, BONUS: 11 sets of fun activities: I spy, mazes, dot to dot and spot the difference included! Each page contains positive affirmations such as "I Am Unique and Special", "I Am Courageous and Brave", "I Believe In Myself" and "I Am Worthy and Important". One-sided coloring pages to help prevent bleed through. Large size (8.5 x 11 inches).

I Am Aaliyah Wilson 2021-02-21 BONUS: 4 self-esteem building worksheets and 10 sets of fun activities: mazes, dot to dot, I SPY, spot the difference and word searches included! This beautiful coloring book is all about building a girl's confidence, imagination, and spirit! □ It seeks to remind and inspire girls that they are worthy, beautiful, intelligent and enough...positive affirmations will build up your child's self-esteem and transform her sense of self! The 37 coloring pages encourage little girls to think beyond social conventions and inspire conversations with adults about what it really means to be confident, brave, and beautiful. Girls will love coloring characters that look like them, from their natural hair to their braids. Promotes positive self-esteem. Positive and fun - a great gift for any girl! □ 37 beautiful and powerful illustrations. Each page contains a positive affirmation such as " "I AM CREATIVE AND INTELLIGENT", "I

AM BEAUTIFUL INSIDE AND OUT ", "MY NATURAL HAIR IS FABULOUS", "I BELIEVE IN MYSELF" and "I AM PROUD OF MYSELF AND WHO I AM". BONUS: 4 self-esteem building worksheets and 10 sets of fun activities: mazes, dot to dot, I SPY, spot the difference and word searches included! Illustrations are printed on single sides to prevent any bleed issue Large size (8.5 x 11 inches)

I Am Pretty Great Sofia Lauren 2021-04-07 Empower and harness the power of self-love, self-esteem and self-confidence with this dragon affirmation coloring book. Featuring the cute and loveable characters Diggory Doo and Drew from My Dragon Book series, this coloring book includes 40 coloring pages with bright, happy images with meaningful words will strengthen your children's self-esteem through the power of positive affirmations. Children's subconscious mind will pick up on the positive messaging so that they can overcome any limiting beliefs or behaviors, and replace them with positive characteristics for their future success. Get this book now and teach your kids that they are pretty great just the way they are!

You Are Amazing Holly Willard LCSW, RPT-S 2017-03-17 About the book:"You Are Amazing," is a coloring book that teaches good touch vs. bad touch while encouraging self-esteem. In our modern society, our children need to be educated about and protected from abuse. Children need to understand the proper words for their private parts and that no one has the right to harm them or make them feel uncomfortable. Even more importantly, they need to recognize that they have value and can stand up for themselves. The book has fun, creative activities to build self-esteem, increase knowledge and strengthen bonds with caregivers.

I Am Amazing Just the Way I Am Lauren Low 2020-09-18 I AM AMAZING JUST THE WAY I AM: 8.5" x 11" is the inspirational, affirmations cute coloring book for girls to help young children feel confident and cultivate a positive self-image. Research has shown that positive affirmations and mindful coloring help the children to cope with their negative feelings and stress. By reminding your child of their positive strengths with affirmations everyday, it helps your child to stay in a state of calm and boost their self esteem and confidence. This coloring book features: 25 pages of coloring pages with affirmations such as "I am Special", 'I am good enough', 'I am lovable' and 'I am adventurous'. The back page of each illustration is black ink to prevent ink bleed. Mindful coloring. Encourage the child to relax to help manage

anxious thoughts and feelings. Lots of cute illustrations: You will find a lot of different illustrations that are attractive to the girls such as unicorns, dolphins, flowers, butterflies, astronauts and so much more!

I Love Myself Ka'Maya Shanelle 2021-01-23 **I Love Myself** is a fun, creative coloring and activity book created to nurture young children's creativity and confidence. Each page is filled with fun activities that includes an inspirational affirmation designed to empower children to feel and believe that they are smart, beautiful, confident, and much more. These coloring pages will help children explore concepts like bravery, beauty, strength, creativity, independence, and compassion. **I Love Myself** features children of all backgrounds, in hopes that they will not only see themselves, but see how all children can be amazing. This book is perfect for children ages four and older. It will encourage them to write, color, doodle and express themselves creatively. The thick paper and single-sided designs are perfect for crayons, colored pencils, watercolors, and most markers. Elevate your self-esteem with **I Love Myself: A Coloring and Activity Book with Self-Love Affirmations!**

I Am Aaliyah Wilson 2020-07-03 This amazing coloring book is all about building a girl's confidence, imagination, and spirit! Affirmations will build up your child's self-esteem and transform her sense of self!  The 38 coloring pages encourage little girls to think beyond social conventions and inspire conversations with adults about what it really means to be confident, brave, and beautiful. This coloring book seeks to remind and inspire girls that they are worthy, beautiful, tough and enough...it encourages children to accept their unique qualities, and promotes positive self-esteem. Positive, educational and fun a great gift for any girl! Based on studies showing that coloring books can combat stereotypes! Designed to build confidence in girls age 3-8, while giving them an opportunity to express themselves creatively!

African American Coloring Book For Girls Pencil Press 2021-02-08 An Empowering Coloring Book for young black girls to develop gratitude, cultivate mindfulness through positive affirmations, self-discovery, and makes the perfect gift for kids! Our African American Coloring Book features:  26 Inspirational Coloring pages with positive affirmations surrounded by dozens of illustrations;  Positive Affirmations help the little people in your life grow strong, wise, and confident, teach them they can handle big emotions and empowers them to develop inner strength and self-confidence;  BEST GIFT IDEA FOR

BLACK GIRLS; □ Single-sided Print to prevent bleed-through; □ 8.5" x 11" Large Format, 55 pages, Paperback Glossy Cover, Perfect Bound. Give the perfect gift to your girl to build Confidence, Gratitude, and Self-esteem, just click "Add to cart"! Please Click on Penciol (Author) for more awesome books for kids and adults.

Notebook Doodles Girl Power! Jess Volinski 2020-05-12 Notebook Doodles Girl Power! is an uplifting and confidence-boosting coloring book for 'tweens that's filled with 32 encouraging designs and sentiments from talented artist Jess Volinski. With empowering art activities for young girls, Jess also includes instructions on basic coloring techniques, fully colored examples, and motivational quotes to go with every design.

I Am Confidence, Brave and Grateful Journal for Kids creative kidso 2020-06-25 I am confident, Brave & Grateful journal is all about building kids confidence, kindness, gratefulness! The 140+ coloring pages, quotes, affirmation, questions encourage kids to think beyond social conventions and inspire conversations with other about what it really means to be confident, brave, and Grateful. Features GRATEFULNESS: self exploration designed to focus on being grateful for what we have, Each well designed and kid-friendly daily by spread contains space to list out three things you are grateful for, a person who brought you joy and how you felt about your day plus encouragement Quotes.AFFIRMATION: reading and coloring affirmation pages can help your kids to improve their wellbeing, boost their self-esteem, and encourage creative thinking.QUESTIONS: different questions help you to understand your kids well, and know what they wants or hate, how they think.EASY TO USE PAGES: Simple daily prompts make the journal easy to use and thought-provoking at the same time.A CHARMING KEEPSAKE: Parents and children will enjoy reading this journal years down the road to see how they were thinking and what they were grateful for in their childhood. A Great Gift for Any kids If you're looking for an activity for your preschooler, kindergartner, toddler, or school-aged child, this positive and cute journal helps kids build confidence and gratefulness while inspiring and entertaining them. It's a fun and mess-free way to engage in writing and thinking for kids age 3, 4, 5, 6, 7, 8, and up.Would make an awesome Gift for kids ages 6 and upScroll to the top and click the "Buy Now" to get this great Would You Rather Game Book Today!!

Confidence Adult Coloring Book Confidence Adult Confidence Adult Coloring Book 2016-09-09 Coloring Pages encourage: -Self expression -Color recognition -Therapy -Building motor skills -Focus

Unicorn And Mermaid Coloring Book For Girls Ages 4-8 Creativa Books 2021-01-07 40 original and unique pages of fun! Designed by a mother and graphic designer. About this mermaid and unicorn coloring book: Contains 40 completely unique coloring pages. There are NO duplicate images in this book. Made by a graphic designer and mother: Every page is age-appropriate and hand-illustrated with love to ensure an engaging, creative and positive coloring experience The pages are single-sided to prevent bleed-through, and so that pages can be removed and displayed without losing an image on the back. Positive affirmations coloring book: This inspiring coloring book was created to help children develop gratitude and confidence as well as help cultivate mindfulness and self-discovery. We have carefully designed each page to be entertaining and suitable for kids in the 4 to 8-year-old age range. We have avoided overly-intricate designs as well as overly-simplistic ones. We believe children of this age love coloring fun scenes that fire up their imaginations, not a book full of simple shapes. Fun for everyone: This is a family-friendly coloring book, perfect for parents, grandparents, babysitters, or relatives who love to color with the kids. The pages are a nice, large 8.5x11 size. This coloring book makes a great indoor activity for both girls and boys who love unicorns, mermaids, rainbows, animals, and coloring. It is also a great unicorn and mermaid gift for girls and boys, making for a wonderful birthday gift, Christmas gift, stocking stuffer, Easter gift or treat for a loved one.

Pretty Melanin Me! Coloring and Activity Book Markita Richards 2020-06-05 Every little black girl should know that she can be phenomenal in and everything that she does. With the Pretty Melanin Me! Coloring and Activity book, you can bring Jade to life. Coloring becomes a mindful activity that develops self-confidence and self-esteem! Over 40 coloring pages, activity sheets, and more! Affirmations that promotes self-love and self-confidence A great outlet for social development and self-expression Perfect for small children, preschoolers, kindergartners, or school-aged child! This is not your ordinary coloring and activity book!! This book is ALL about empowering and instilling high self-esteem in little black girls. Perfect for the little girl in your life, with a message that brings high self-confidence and self-esteem!

[Girl, You are Bold and Beautiful! Go Go Create!](#) 2020-02-14 Does your beautiful daughter love drawing, coloring and expressing herself? Containing over 52 different coloring pages with positive, confidence boosting words and phrases, this is the perfect activity book for your young one! Sadly enough, in this day and age, many young girls suffer from a lack of self-confidence and a true sense of belonging amongst others. Statistics show that around the world, up to 75% of young girls consistently struggle with low self-esteem and not knowing their true purpose in life. At GO GO CREATE!, we decided to put together a one of a kind coloring book designed to help build confidence and provide educational fun for girls from ages 4 - 12 years old. In "Girl, You Are Bold and Beautiful", here is just a fraction of what we've included: 52 beautifully and uniquely crafted white/black coloring pages Hundreds of different illustrations per page including: rainbows, butterflies, toys, stars, hearts, games, books, instruments, clothing and much more! 50+ Confidence building words and phrases on each individual page 3+ hours of Entertainment and educational fun for your young, creative artist And so much more... If you're looking for an activity book to not only create a strong, brave, bold and empowered young one, but also add hours of endless educational fun and creativity to their life... "Girl, You Are Bold and Beautiful" is the perfect coloring book that can be given as a gift, a souvenir or anything else you can possibly think of! Click the "Add To Cart" button now, and give the gift of positivity, creativity, love, and personal growth to a young girl today!

I Am Awesome! Self-Esteem & Confidence Coloring Book Rainbow Kidz 2020-08-10  38 Unique Caticorn Coloring Pages For Hours Of Fun! There is no better non-screen activity for our little friends than a coloring book full of caticorns! Coloring is really important for kids as it helps develop hand-strength, stimulates creativity, encourages self-expression, and also helps develop focus! 38 unique caticorn pages with a glossy cover make this book a perfect gift for all those little caticorn fans! Features 38 unique caticorn images with positive statements on each page. Each page is 8 1/2 by 11 inches. Single-side pages. High-resolution printing. Unique designs. Glossy cover.

Live in Color William K C Russell 2021-03-16 Looking for a coloring book with Positive Affirmations to help children who have experienced trauma? This is it! -Suitable for children aged 2+. In, Live in Color: Positive Affirmations for Children, the words of affirmation are the focal point, and that is intentional. Often times, for children who have experienced trauma, their voices are snatched away from them. Their self-esteem is

impacted, and they have a difficult time making sense of the world. We want to help change that, and provide an engaging tool for children and their caregivers to: □ Use as a conversation starter, □ A way to help children find their voices, □ And, reaffirm to the child that they are resilient and perfect in every way! Live in Color is 8.5 x 11, 36 designed coloring pages with BIG words of affirmations, and a very important message from the authors the last several pages. By the end of Live in Color, children will feel more confident and will know just how important & special they are!

Self Esteem Coloring Book Elsie Price 2021-04-28 An Self Esteem coloring book inspired by a famous Gary Sinise A great confidence boost activity for all ages!

You Are Made Of Magic Kelsey DeLange 2021-08-03 Tap into your true power and connect with the magic of the natural world with artwork inspired by whimsical florals, nature, and the celestial world. The You Are Made of Magic coloring book inspires through its motivational, hand-lettered quotes and artwork designed by artist Kelsey DeLange. This coloring book reminds you to nourish your soul, let your light shine, and recognize the beauty, strength, and magic that live inside you. This coloring book features: • 40 hand-drawn illustrations • Uplifting messages like "Embrace the magic of new beginnings," "Do what makes your soul happy," and "Open your mind to the endless possibilities" • Beautiful cover with white iridescent foil

An African American Coloring Book For Girls Space Berry 2021-06 Coloring & Activity Book with Positive Affirmations For African American Girls! "Everything in one place" Do you value your child's self-esteem, enthusiasm for the world around him, and the desire for education combined with great fun? You couldn't have hit better, this is your book! Look no further ... Only this copy contains 120 creative pages to learn and add self-worth, tasks, and exercises for your child for the same price! We are distinguished by price and, above all, quality! CONTENT: - On each page you will find motivating, inspirational, and positive affirmation quotes that lift your child's spirits, confidence, and self-esteem, open their mind, and help them to have a nice and fun look at the world around them, perfect way to spend free time. - 26 pages to color with various designs, (African American kids, mermaids, dream catchers, characters of girls and boys (with naturally curly hair and cornrows), musical accents, unicorns, summer, spring, cats, lollipops,

diamonds, rings, ghosts, stars, art arts and more, more, more in the set ... - 8 pages of scissor exercises (coloring, cut and paste), learn on the move - create your coloring pages! It helps in increasing the child's dexterity, relieving stress, and raising good vibrations in the mind. - Find and learn words, beautiful designs word searches for kids (and color the background) - Easy, medium, and hard exercises and activities to relax and help develop mindfulness. + Answers! - and more... This book will consume your baby every day for a minimum of several hours and you will gain valuable time for yourself. He will learn many new words, learn to handwrite, color the edges of the lines, turn into a treasure hunter, improve the coordination of his hands, and more ... First of all, it will open the child's mind to the unknown and will do it with great pleasure! Will you let your baby not develop? Order your copy today ...Scroll up and order your copy!

I Am Zondervan, 2019-09-03 This fun and whimsical book is filled with powerful affirmations that remind children of all the things they can love about themselves and what they have to offer the world. The playful illustrations by bestselling illustrator Judi Abbot showcase the way characteristics such as curiosity, beauty, bravery, and thankfulness can shine through in every child, even when he or she doesn't realize it. Scientific studies prove that affirmations empower and uplift. The inspiring message of *I Am* helps toddlers ages 0 to 4: Build a deep sense of confidence and self-esteem Understand how much they are loved Create a foundation of positivity and self-acceptance *I Am* features colorful illustrations and affirmations such as I am strong, I am kind, and I am smart. The book is a great gift for baby showers, birthdays, or any time you want to help instill self-confidence (and love!) within a child.

Self Esteem And Confidence Coloring Book Sara Sax 2020-09-18 Self Esteem and Confidence coloring book - Positive Affirmations For Kids Make the perfect gift for anyone who loves coloring! Enjoy this Self Esteem and Confidence coloring book who want learn more about meditation. Click the cover to reveal what's inside! About this book: 38 full pages drawings of funny colouring pages and positive affirmations Unique designs, no repeats High-resolution printing. Durable glossy cover Printed on high quality solid white paper. Easily color with crayons, colored pencils or colored pens, Beautiful designs appropriate for all ages, Scroll Up And Click the Buy Now Button! Get Yours Today While Supplies Last At This Special Launch Price!

Coloring Book Henry L. Houseman 2021-04-03 Beautiful unique unicorn coloring designs for all ages ! 105 pages of fun! Designed by a mother and graphic designer, this children's coloring and activity book is filled with fun hand-drawn magical unicorns, rainbows, mermaids and much more! Mixed in with these pages are typographic coloring pages of positive affirmations and sayings, designed to help children with mindfulness, self-esteem and building confidence. What you will find inside the book: · Contains unique coloring pages. There are NO duplicate images in this book. · Designs are single-sided, with a variety of cute unicorns and detailed backgrounds. · We have carefully designed each page to be entertaining and suitable for children in the 4 to 8 age range. Designs vary in complexity and detail from beginner to expert level. · Pages are large and nice 8.5"x11" for small hands to enjoy. Activities such as coloring improve children's grasp of the pencil, as well as helping them relax, regulate their mood, and develop their imaginations. Activities such as coloring will improve your child's pencil grip, as well as helping them to relax, self-regulate their mood and develop their imagination. So if your child loves unicorns, stars and rainbows, then order your copy today.

I Believe In Myself. Positive Affirmations Coloring Book Mindset Rocks Journals 2020-11-11 POSITIVE AFFIRMATIONS COLORING BOOK An inspirational coloring book for kids - Good vibes coloring book - Positive mantras for kids - Mindfulness activity Harness the power of positive thinking! An inspirational coloring book for kids and teens with a positive affirmation to color on every page. 34 different pages with beautiful doodle and geometric designs and a positive affirmation to color on each page. Simple designs are easy to color and there are some more challenging designs to tackle too. All the affirmations are child friendly and suitable for boys, girls and teens. Aimed at age 8 plus. Please see our other books suitable for adults and younger children. A wonderful activity for relaxation and stress relief. Big up the good vibes as you color your positive affirmations and soothe your way to your happy place. The perfect gift of positivity to help build self esteem and empowerment. What are positive affirmations for? Positive affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts- like a bath of positivity for the brain. When repeated often you begin to believe in them and make positive adjustments to your mindset. Affirmations are a bit like exercises for our mind and outlook through which we can reprogram our thinking patterns to be gentler, kinder and more positive to ourselves. Coloring affirmations is a great way to spend time thinking these happy positive thoughts.

FEATURES 40 designs printed on bright white paper with a narrow border Pages printed single sided Reverse pages are blank to reduce bleed through Suitable for mindful coloring with markers, gel pens, pencils and any medium you choose. Large format 8.5x11 inch pages All pages are different. Age 8 to adult

Self Esteem Coloring Book Emily Porter 2021-04-28 An Self Esteem coloring book inspired by a famous The Struts A great confidence boost activity for all ages!

I Am Aaliyah Wilson 2021-02-19 This powerful coloring book is all about building a boy's confidence, imagination, and spirit! Affirmations will build up your child's self-esteem and transform his sense of self! The 25 coloring pages encourage little boys to think beyond social conventions and inspire conversations with adults about what it really means to be confident, brave, and kind. This coloring book seeks to remind and inspire boys that they are worthy, smart, tough and enough...it encourages children to accept their unique qualities, and promotes positive self-esteem. Positive and fun - a great gift for any boy! 25 beautiful illustrations, BONUS: 11 sets of fun activities: crosswords, mazes, dot to dot and spot the difference included! Each page contains positive affirmations such as "MY VOICE MATTERS", "I AM ENOUGH", "I LOVE THE SKIN I'M IN", "I CAN CHANGE THE WORLD" and "I BELIEVE IN MYSELF". One-sided coloring pages to help prevent bleed through. Large size (8.5 x 11 inches).

Self Esteem Coloring Book Belinda Hardy 2021-04-28 An Self Esteem coloring book inspired by a famous Tom Berenger A great confidence boost activity for all ages!

An Inspirational Coloring Book for Girls Sachin Sachdeva 2020-01-22 A book full of positive affirmations and whimsical illustrations, designed to build confidence and self-esteem in young girls and women's. This book is dedicated to my daughter "Naisha" and many other girls who want to lead, be confident, beautiful, brave and inspire others. Features & Highlights: A creative way to remind girls of how great they are Positive and Empowering 25+ quotes with hand drawn designs for girls to help boost self esteem Perfect Coloring and Activity book for girls to discover an imaginative play Best gift for young girls promises hours of relaxation and stress relief Single-sided pages for easy coloring Positive affirmations helps teens to

confidently make smarter decisions, manage expectations better, experience more success, and be happy and healthy in school and beyond.

Coping Thoughts 2020-06-15 This coloring book is filled with wholesome affirmations to help when anxiety, depression, or low self-esteem feel overwhelming. Center your mind with a physical coloring activity of these positive thoughts to help cope with mental health challenges. Crowd out anxious, racing, runaway, or toxic thoughts with positive phrases like "I can do it," "This is tough but so am I," and "A small step is still a step." Also useful for stress relief, building confidence, or providing self-reassurance. This coloring book includes two copies of twelve colorable phrases for a total of twenty-four coloring pages in all.

Self Love Coloring Book and Journal Christine Arylo 2017-06-17 Based on the internationally acclaimed Path of Self Love School with over 35,000 students on 6 continents. Experience the power of "Heart Art" - using image, color, mantras and inquiries that heal and free your heart to express yourself, empower yourself, trust yourself, be compassionate with yourself, and make loving choices for yourself. 22 illustrations + inquiries based on the 11 types of self-love that together create a strong foundation of inner confidence, compassion and courage - for adults and teens. Each set of illustrations was created intentionally to invoke a specific kind of self-love, and includes a set of "heart and soul" inquiries to journal with: Self-Care, Self-Compassion, Self-Empowerment, Self-Acceptance, Self-Empowerment, & More. Use this self-love journal and coloring book like medicine and for your heart and soul: - Choose a specific type of self-love and proactively strengthen it. - Give yourself a "love boost" on the days you are feeling down. - Use the inquiries to connect and communicate with your deeper wisdom and truth. - Add personalized words and images to make the heart art even more your own. Self-Love is a practice, a choice and a path that is practical, powerful and fun. "Christine Arylo takes the illusive task of learning to love yourself and turns into a concrete, how-to, doable path that anyone can master."

I Am Kind, Confident and Brave Bright Start Boys 2019-10-28 A groundbreaking coloring book to build a boy's confidence, creativity and spirit I Am Kind, Confident & Brave is the inspirational new coloring book that explores what it is to be Strong, Smart, Respectful, Determined, Kind, Thankful, Creative, Hard-

Working and so much more. It uses the science of positive psychology to help the child focus on their strengths, good character and positive attributes, which in turn shapes their future in a positive direction. It has been shown to: □ Boost self-esteem □ Teach positive focus □ Cultivate optimism and confidence □ Foster creativity and expression □ Relieve stress and reverse negativity FEATURES 25 pages of inspiring drawings. Each page helps to reinforce a particular strength, such as 'I am Patient', 'I am Brave', 'I am Smart' and 'I am Determined'. Hours of fun. With hundreds of different illustrations, the child has so much to explore and color. Positive and educational. This unique activity book is designed to flood the boy with positive self-images and beliefs. They get to explore what it means to be successful, brave, creative and confident. THE PERFECT GIFT This book is completely unique so makes for an extra-special gift that will instil positive values while providing hours of entertainment. It's the perfect activity book for a toddler, preschooler, kindergartner or school-aged child from 3-10. HUNDREDS OF ILLUSTRATIONS TO EXPLORE Here are just some of the marvellous drawings you will find inside: bird, cloud, sun, happy face, book, motorcycle, helicopter, dog, friend, family, cat, skateboard, ice cream, spaceman, rocket, baseball hat, satellite, telescope, laptop, truck, car, sneakers, t-shirt, mobile phone, owl, bear, cupcake, stars, pets, planet, cactus, monkey, karate practice, ghost, camera, watch, sailing boat, balloon, rainbow, headphones, superhero, paint, canvas, binoculars, snowman, castle, music notes - and so much more!

Unicorn Coloring Book: Ivo B 2020-11-17 The coloring book for kids is full of beautiful, smiling and happy Unicorns. It is dedicated to Children who love Unicorns. Perfect for a gift, gift, surprise for a child from 4 to 8 years old. The booklet includes: * 25 individual projects * the drawings are one-sided, with cute unicorns and other elements filling the background of the coloring pages * backgrounds are adapted to the age of a child up to 8 years old, contain: stars, hearts, animals, meadows, beaches, birthday accents * 6x9 format, easy to grab and carry Coloring is much more than just having fun! Here are 8 benefits of coloring: * preparation for writing - coloring develops fine motor skills. Thanks to coloring, the child learns to hold the crayon correctly and coordinate the hand's work. * concentration - while coloring, the child focuses on the picture and his activity, and precision requires concentration. * developing creativity - coloring is not only about filling in ready-made pictures. Contrary to appearances, it is an excellent exercise for imagination and creativity; * learning colors - by coloring the child learns different colors and their shades. * learning about the surrounding world - by coloring pictures, the child learns the surrounding world, learns colors

and shapes * mute - the child learns to play independently, and at the same time you gain a moment of rest! * a way to reduce boredom - coloring books are useful, for example, while traveling, in the waiting room for the doctor's office * higher self-esteem - coloring a picture or finishing work shows the child that he has the driving force, that he can do something * Your child must have one * Buy today !!!

Love Your Hair: Coloring Book for Girls with Natural Hair - Self Esteem Book for Black Girls and Brown Girls - African American Childr Phoenix Austin 2021-03-10 Love Your Hair Coloring Book for Girls Love Your Hair is a children's story follow-up to Dr. Phoenix's bestselling natural hair care book, "If You Love It, It Will Grow." This fun and engaging coloring book version contains 32 beautiful illustrations and coloring pages designed to build self esteem and promote hair love and self love in little black girls and brown girls! The story of Love Your Hair is lead by a super-cute, confident, and sometimes sassy little girl named Phoenix who loves her natural hair and wants every beautiful brown skin girl to love their natural hair too! Love Your Hair is fun, educational, full of imagination, and helps to boost self-esteem and confidence in little girls, and women of all ages. So get ready for a rollercoaster ride of playful rhymes, beautiful illustrations, sassy style, and gorgeous afro puffs that will have YOU proudly rocking your glorious kinks and curls! Dedicated to building confidence in little brown girls with powerful imagery and positive affirmations, Love Your Hair Coloring Book for Girls is a delightful story of Hair Love and Self Love that little brown girls and black girls will fall in love with over and over again! □ A Positive, Educational and Fun Activity Book □ Encourages Girls to Embrace Their Natural Hair and Natural Beauty □ Promotes High Self Esteem and Self Love □ Makes a Great Gift for Any Girl ** Written by Dr. Phoenix Austin MD, author of the bestselling natural haircare guide, "If You Love It, It Will Grow: A Guide to Healthy, Beautiful Natural Hair" Additional Highlights: - Contains large, beautiful coloring pages - Illustrations are printed on single sides to prevent any bleed issue - Large size book (8.5 x 11 inches)