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hundreds of
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SUPPORT YOUR CHILD'S MENTAL HEALTH AS THEY GROW

With the Be Happy Hub!



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MONTH**



The Be Happy Hub is an online resource centre, with over 300 printable, science-backed resources to support your child's mental health from birth to adulthood.

- ✓ **Educate and develop emotional awareness**
- ✓ **Teach coping techniques that last a lifetime**
- ✓ **Calming and fun activities uploaded every week**
- ✓ **Used by NHS psychologists, parents and teachers.**

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- ☒ Over 300 fun and creative resources
- ☒ Resources based on tried and tested techniques and approved therapist tools
- ☒ Crafts, worksheets, games and more
- ☒ Monthly affirmations and mindfulness exercises based on seasonal themes
- ☒ Request your own resources
- ☒ Cancel any time!



"My daughter absolutely loves the colouring and activity sheets you do! They have massively helped her with anxiety and we're working through the school pack now!"

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