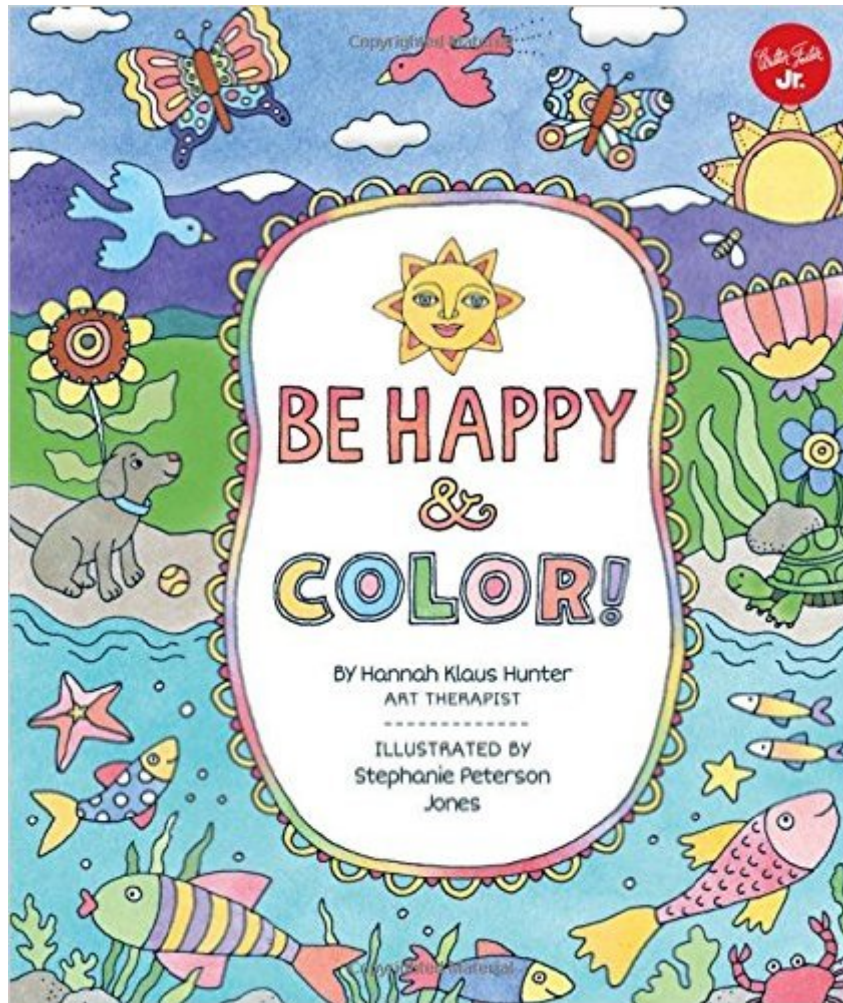


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# Be Happy & Color!: Mindful Activities & Coloring Pages For Kids



## Synopsis

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.

## Book Information

Paperback: 96 pages

Publisher: Walter Foster Jr; Clr Csm edition (March 1, 2016)

Language: English

ISBN-10: 1633221016

ISBN-13: 978-1633221017

Product Dimensions: 8.8 x 0.5 x 10.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #309,634 in Books (See Top 100 in Books) #70 inÂ Books > Children's Books > Arts, Music & Photography > Art > Sculpture #243 inÂ Books > Children's Books > Arts, Music & Photography > Art > Drawing #4150 inÂ Books > Children's Books > Activities, Crafts & Games > Activity Books

Age Range: 5 - 11 years

Grade Level: Kindergarten - 6

## Customer Reviews

I'm absolutely in LOVE with this coloring book! I personally have been a little hesitant to buy a coloring book because of the elaborate designs. Although some may enjoy that I wanted something a little simpler. This book was EXACTLY what I was looking for in a coloring book. Not only do I love it, my 5 year old does too. It has fun quotes and also couple of designs that you interact with...like drawing an expression on a sun, design a hot air balloon...It is a great quiet activity for our children that can be done together or alone.

Be Happy & Color! is far beyond a typical children's coloring book! Hannah Klaus Hunter

and Stephanie Peterson Jones have teamed up to create a wonderful resource. Hunter's experience as an Art Therapist adds insight into the importance of not only coloring books but also art in our lives as well as the rewarding effect this book can have on children. The Letter to Parents in the back of the book further outlines the benefits on emotional development and learning that this book provides. In addition, the beginning of the book contains a two-page lesson on color and how to use the book. Jones's wonderful illustrations are divided into five sections (Earth, Air, Fire, Water, and Free Drawing). Each section includes a variety of coloring pages, inspirational quotes, and guided drawing activities that teach, foster critical thinking, and improve creativity. Hunter and Jones have also done a great job of including an array of activities and drawings that span ability levels. As an Art teacher, I believe that children will love working through this book. In addition, with the proper permissions, this book could also be a wonderful classroom resource. A copy of the book was provided for this honest review; however, no other compensation was provided.

It's a sunny Spring day in Maine so we're outside enjoying the changing of the seasons. Fresh air brings out the best in my daughters imagination & creativity so we brought out her wonderful new coloring book, a couple mediums & some shades. "Be Happy & Color" is written by @hkhunterarts illustrated by @peetyjones & published by @quartokids An inviting & inspiring coloring book written by an art therapist. The book itself & its pages are of a very high quality. Any medium can be used without the worry of bleeding through the page. There are five coloring sections Earth, Air, Fire, Water & Free Drawing. Each section starts with a full color four page spread of cheerful color images alongside a few words of wisdom & a lovely quote, followed by 16 coloring pages. Most of us already know how therapeutic coloring can be. This book is a perfect tool for self expression, relaxation, creativity & mindfulness. The illustrations are the perfect window to your child's imagination.

Be Happy & Color by art therapist Hannah Klaus Hunter is a whimsical book that encourages imagination and self expression. Divided into sections dedicated to the four elements of earth, air, fire and water, Be Happy & Color celebrates nature and individuality. The outline drawings are simple and evoke a simple childlike feeling. Each page also provides room to add one's own images which are encouraged by thoughtful prompts. Hannah Klaus Hunter has also included many inspirational quotes and some beautiful colored illustrations. Be Happy & Color is as appealing to adults for it speaks to the childlike wonder in all of us. This coloring book will leave you feeling happy in spirit, a little more relaxed and dreaming of your own special take on the wonders of the

natural world. Thank you to Hannah Klaus Hunter and Quarto Publishing Group USA for providing me with a copy of this book in exchange for my honest review.

There are a myriad of coloring books out there, but this one is a wonderful combination of illustrations that are complete and ready to color as well as directions and encouragement for children and adults alike to use their imagination and come up with their own illustrations. I appreciate that there is enough detail, yet not so much that the intended relaxing coloring activity becomes daunting. The quality of the paper allows for a variety of tools to be used without bleeding through to the other pages. This is a great book to have on hand for all ages.

This is an interactive balance between children's art and the coloring book craze for all ages. I used it as a mommy and me date activity. We could both draw, color and discuss. It was fun for my daughter who loves to draw and fun for me to share that time with her. Highly recommend for preschool and up!

A fun book for my older daycare kids to use their creative and imaginary skills filling pages with what they want. My 8 year old is loving this book!

A wonderful coloring book for children, I ordered this for my grandson who is 8 year's old and he love's all the different designs!

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