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It's Raining and I'm Okay: A Calming Story to Help Children Relax When They Go Out and About PDF



by Adele Devine : **It's Raining and I'm Okay: A Calming Story to Help Children Relax When They Go Out and About**

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Description :

PDF-f07ca | Oh no! It's raining! Oh no! People everywhere! Oh no! It's getting noisy! But I count to ten, take a deep breath... and I'm okay. This rhyming story helps children aged 3-7 face unfamiliar surroundings and experiences and feel less anxious when they are out and about. It offers calming techniques that can help when things don't go to plan, when you get stuck in a crowd, or when you start to feel tired ... *It's Raining and I'm Okay: A Calming Story to Help Children Relax When They Go Out and About*

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