A Little Monster's

GUIDE TO POSITIVITY



Emily Snape

For 4+ years

www.summersdale.com

A LITTLE MONSTER'S GUIDE TO POSITIVITY

Copyright © Emily Snape, 2023

All illustrations by Emily Snape

All rights reserved.

No part of this book may be reproduced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publishers.

Emily Snape has asserted her right to be identified as the author of this work in accordance with sections 77 and 78 of the Copyright, Designs and Patents Act 1988.

Condition of Sale
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, resold, hired out or otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

An Hachette UK Company
www.hachette.co.uk

Vie Books, an imprint of Summersdale Publishers Ltd
Part of Octopus Publishing Group Limited
Carmelite House
50 Victoria Embankment
LONDON
EC4Y 0DZ
UK

www.summersdale.com

Printed and bound in China

ISBN: 978-1-80007-724-9

Substantial discounts on bulk quantities of Summersdale books are available to corporations, professional associations and other organizations. For details contact general enquiries: telephone: +44 (0) 1243 771107 or email: enquiries@summersdale.com.

Neither the author nor the publisher can be held responsible for any loss or claim arising out of the use, or misuse, of the suggestions made herein. None of the views or suggestions in this book are intended to replace medical opinion from a doctor. If you have concerns about your health or that of a child in your care, please seek advice from a medical professional.

Note to parents and carers

This book will help your child to:

- find out why they have negative feelings and learn how to let them go
- be kind to themselves with positive self-talk
- feel calmer and happier with some simple and effective techniques.

These approaches can become powerful tools that will encourage your child to feel happier and more resilient.

www.summersdale.com

Hi!

It's great to meet you.

I'm Fluff and sometimes my emotions get in the way of having fun. I don't always feel like I'm good enough and sometimes things are just tooooo tricky.

So, with the help of my monster friends, I'm going to explore all sorts of ways to be MORE positive so I can make the most of EVERY day and achieve whatever I want to.

I'd love you to be part of my exciting POSITIVE journey!

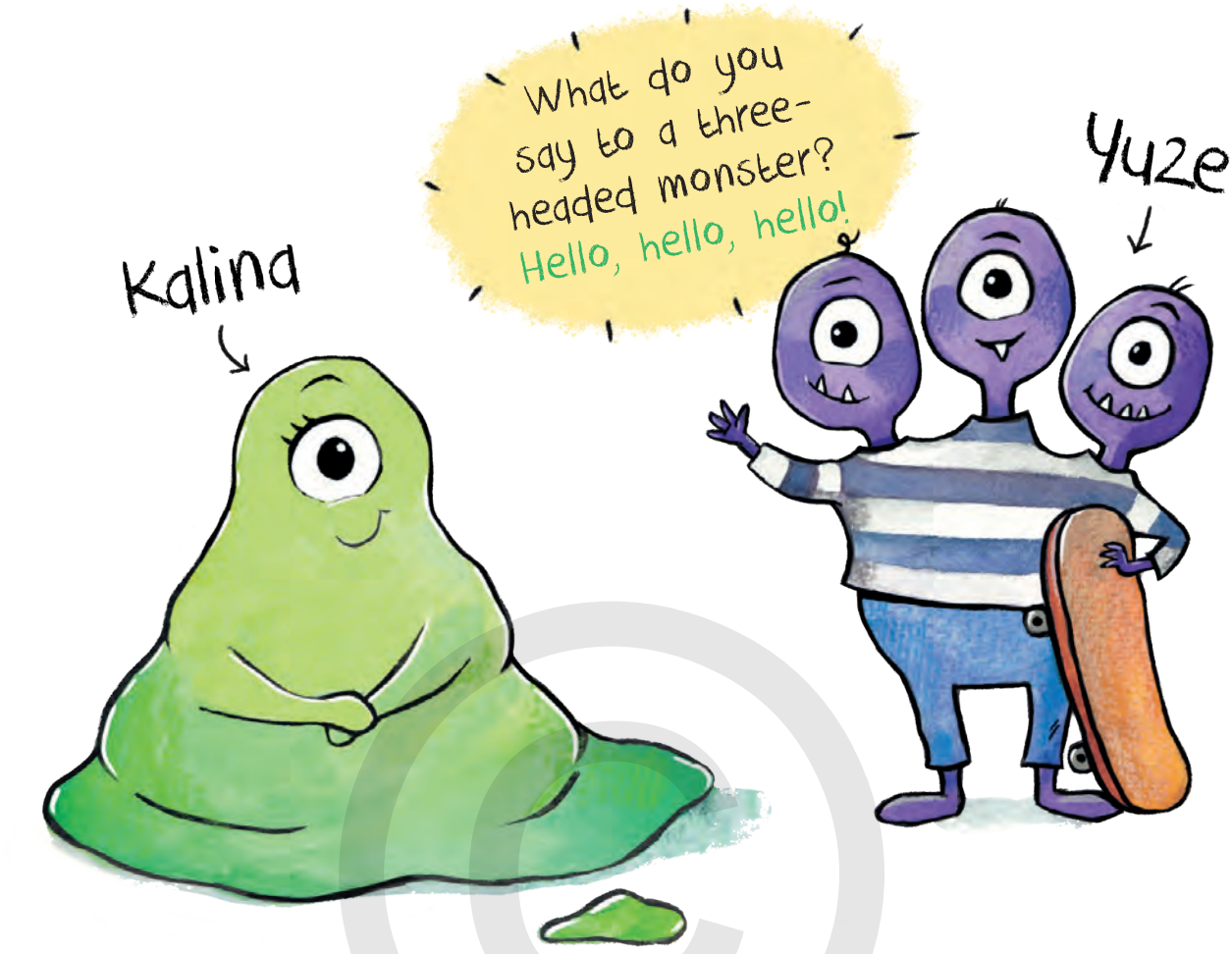


www.summersdale.com

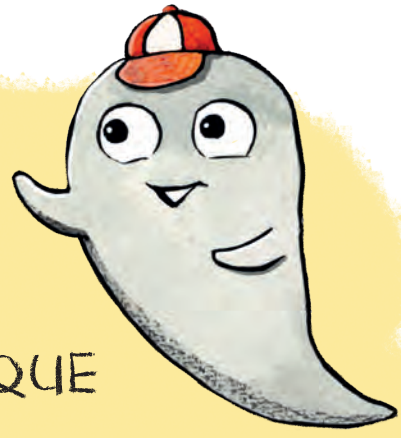
These are my friends:



www.summersdale.com



It can make me feel a bit miserable when I think about how much hairier and scarier and slimier they all are than me.



But Goo (the ghost) says I'm ONE-OF-A-KIND.

In fact we are all completely UNIQUE and that's actually totally awesome!

Goo suggested I celebrate being ME by thinking about what makes ME special...

So, I gave it some thought and here's what I discovered:

My favourite and least favourite foods

YUMMY	YUCKY
BOOberry pie	SANDwiches
Spookghetti	Bubble and squeak
Eyes cream and jellyfish	ROCK cakes
Mice Crispies	Bangers and mash
Lightbulbs (for a light snack)	
Ghoulslaw	
Fish and Ships	



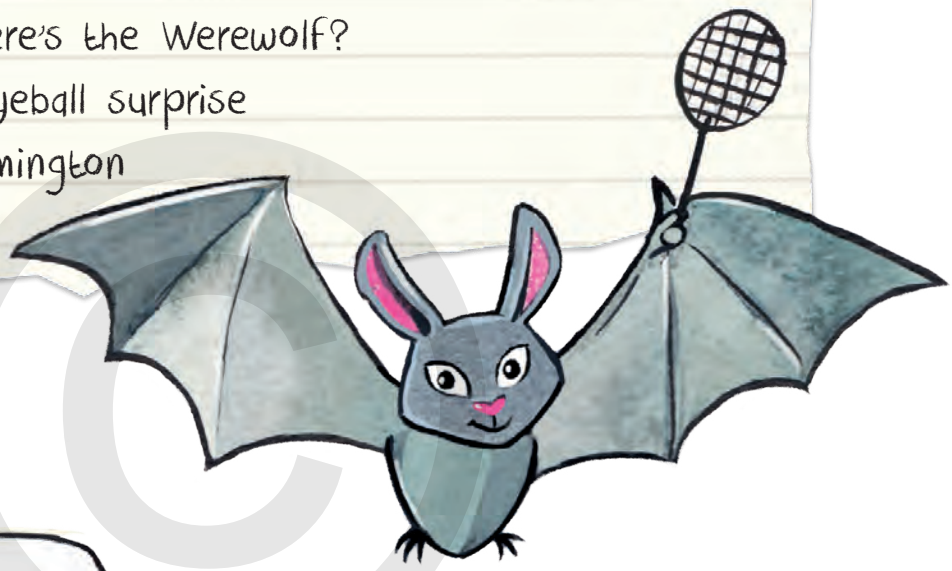
www.summersdale.com

My best outfit:



What I love to do:

Have a mud bath
Play squash
Laugh my head off
Play Where's the Werewolf?
Eat an eyeball surprise
Play BATmington



What about you?



www.summersdale.com