

A Little Monster's

# GUIDE TO POSITIVITY



Emily Snape

For 4+  
years



# A LITTLE MONSTER'S GUIDE TO POSITIVITY

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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](http://www.summersdale.com)

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Printed and bound in China

ISBN: 978-1-80007-724-9

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## **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](http://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 toooooo 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.

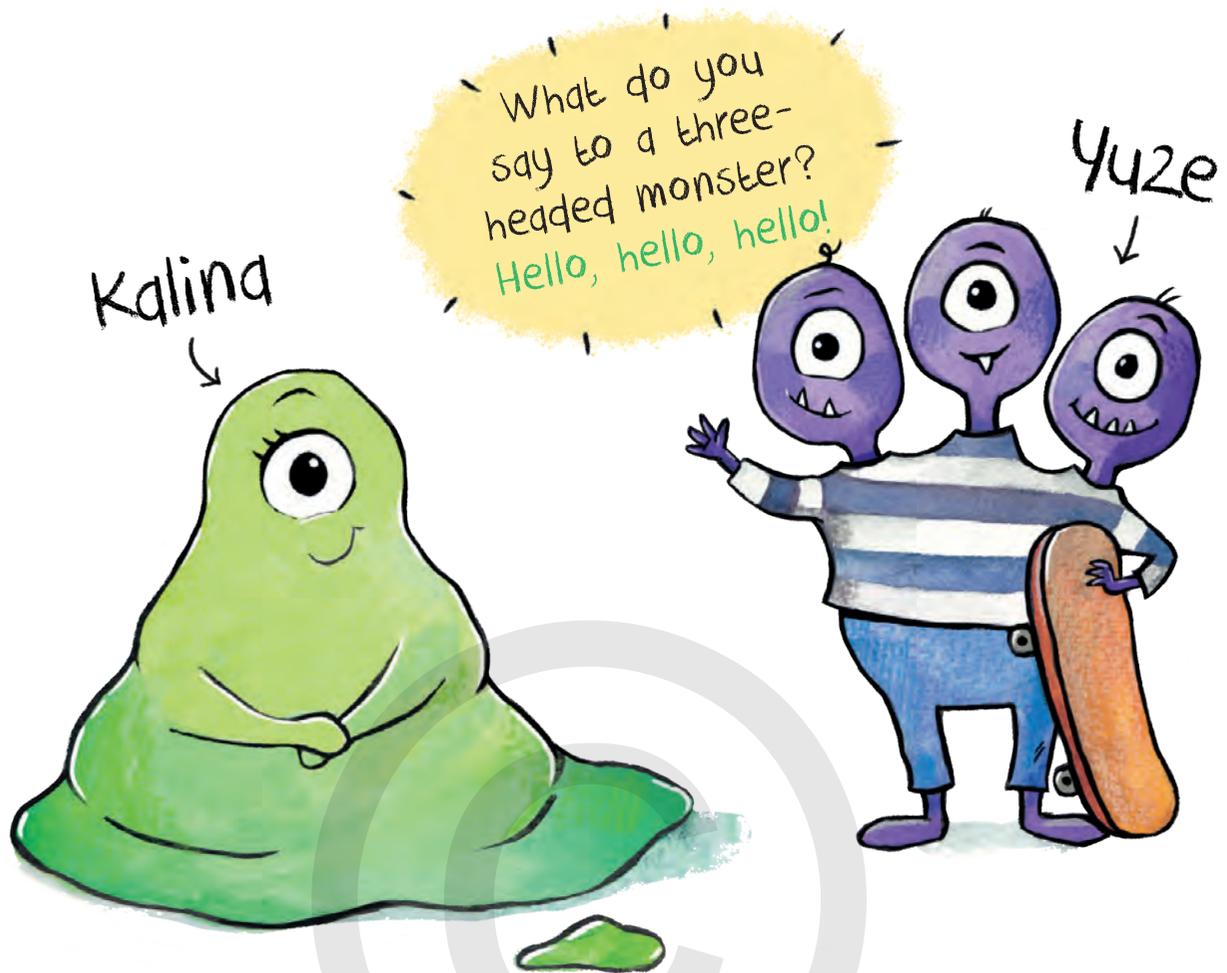
I'd love you to be part of my exciting POSITIVE journey!

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These are my friends:





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

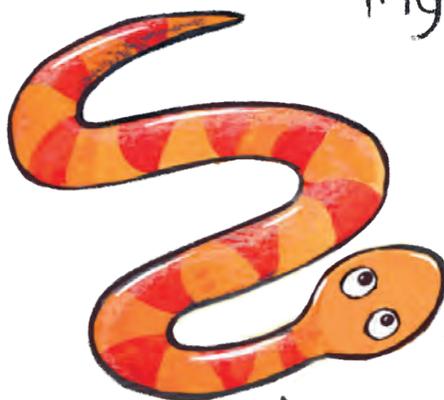
YUCKY

BOOberry pie  
Spookghetti  
Eyes cream and jellyfish  
Mice Crispies  
Lightbulbs (for a light snack)  
Ghoulslaw  
Fish and Ships

SANDwiches  
Bubble and squeak  
ROCK cakes  
Bangers and mash



### My best outfit:



Snake scarf

Tap shoes



My stinkiest socks!



## What I love to do:

Have a mud bath

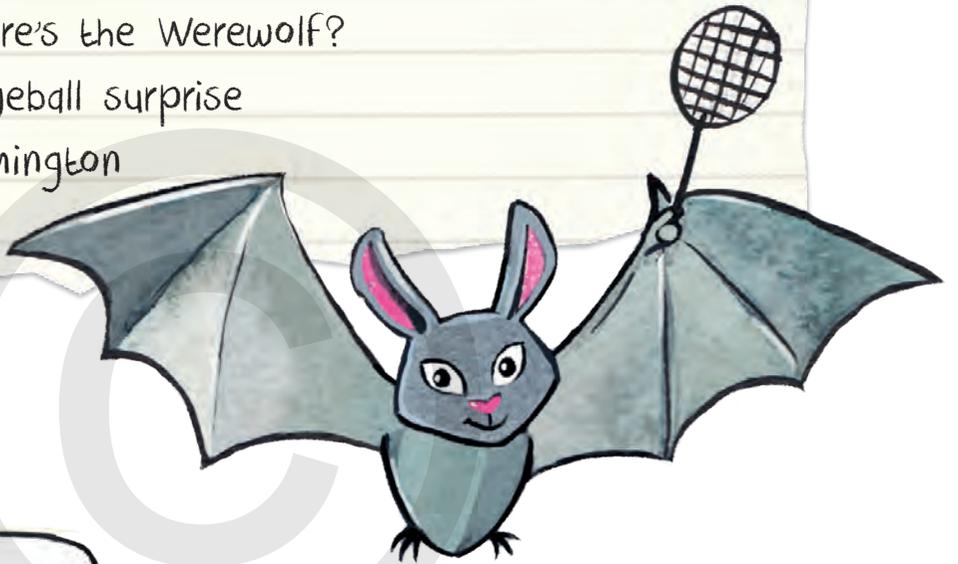
Play squash

Laugh my head off

Play Where's the Werewolf?

Eat an eyeball surprise

Play BATmington



What about you?

