

JOY 4

HAPPINESS



Age categories:

- 3 to 6 years
- 6 to 10 years
- 10 to 14 years

Entertainment center

Many children are stressed because they have strict rules and they are not let to express themselves doing activities and things that they enjoy, activities and things which could be unsuitable like: drawing on the walls, listening to music very loudly, wearing pyjamas the whole day, talking to someone and being listened, making noise, eating in front of the television, leaving their things in a total mess.

Your child can pass over:

- | | |
|-----------------------|-----------------------|
| anger | restlessness |
| anxiety | sadness |
| depression | fatigue |
| feeling of insecurity | lack of concentration |
| irritability | |

Smile and relax!

Is good for you!

