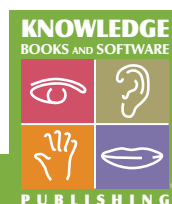
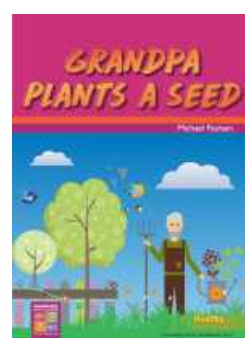
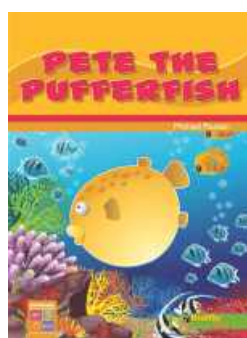
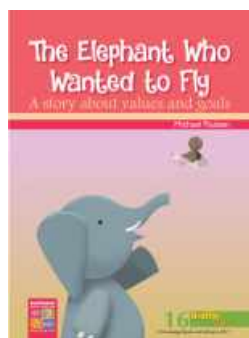
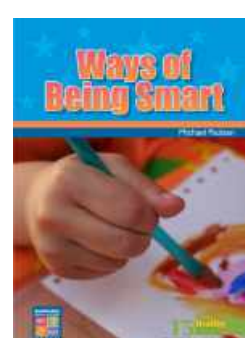
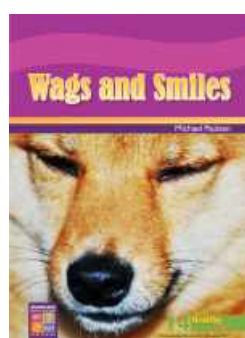
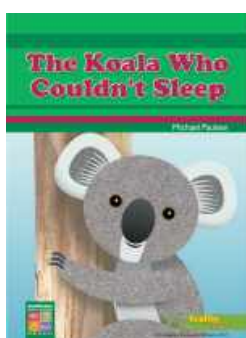
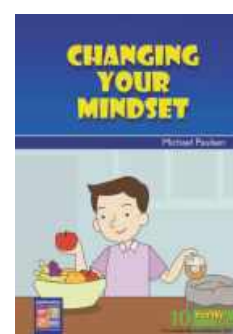
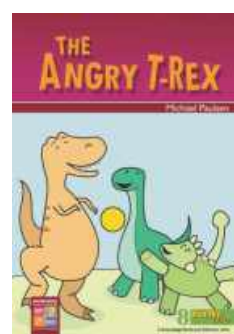
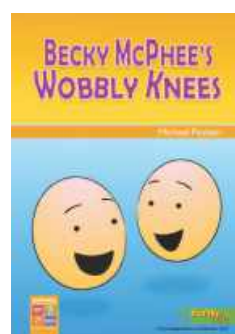
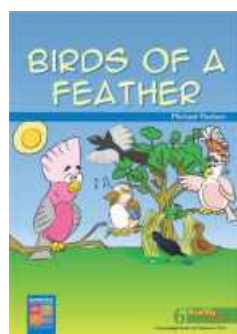
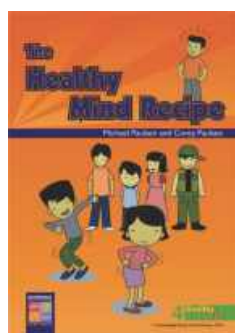
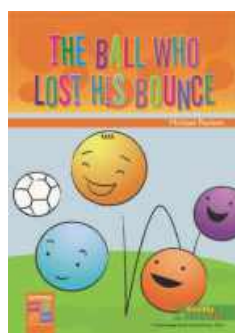


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About the author: Michael Paulsen (BHMS (Ed), M.Ed.) is a practising teacher in Brisbane, Australia. He has extensive experience teaching and working with children who live with anxiety, depression and other mental health issues. The Healthy Me series was written to create awareness of mental health and it promotes many wellbeing strategies that may benefit the health of all children.

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