



This book started life from the jottings of a nine year old girl about how to look after a unicorn's emotions. With the help of her mother, it has been completed and published to assist younger children to pick up tips on self-soothing and on helping others who are feeling upset.

The book encourages empathy, forgiveness and some coping strategies for life in an anxious world. It is especially suited to Key Stage one with simple, attractive illustrations.

"How to Look After Your Unicorn" can be purchased from Amazon.co.uk via the following link:

[How to Look After Your Unicorn](#)