



Books

***It's Okay to Make Mistakes* by Todd Parr**

PK—2nd

This book embraces life's happy accidents, the mistakes and mess-ups that can lead to self-discovery. It makes readers feel good about themselves, encouraging them to try new things, experiment, and dare to explore new paths.

***When My Worries Get Too Big!* by Kari Dunn Buron**

K—2nd

More than any other issue, 'losing control' can cause major problems for children. Through the irresistible character of Nicholas, this book gives young children an opportunity to explore with parents or teachers their own feelings as they react to events in their daily lives while learning some useful relaxation techniques. Children who use the simple strategies presented in this book will find themselves relaxed and ready to work or play.

***100th Day Worries* by Margery Cuyler**

K—3rd

When Jessica's teacher tells everyone in class to find 100 things to bring to school for their 100th day, Jessica starts to worry. She wants to bring something really good but what? 100 marshmallows? No, too sticky. 100 yo-yos? Nah, that's silly. When Jessica reaches the 99th day, she really starts to worry. She still doesn't know what to bring! This book explores general anxiety through the familiar scenario of school by providing the reader with helpful strategies to manage everyday worries.

***The Huge Bag of Worries* by Virginia Ironside**

K—3rd

Wherever Jenny goes, her worries follow her — in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? A book to use with anxious children as it helps sort through worries and make them seem more manageable. It emphasizes that we all have worries and what to do about them. K-3rd grade

***How Big Are Your Worries Little Bear?* by Jayneen Sanders**

K—3rd

Little Bear is a worrier. He's worried about everything! With Mama Bear's help, he learns his worries are not so big after all. Children will learn that everyday worries and fears can be overcome.

***Worries Are Not Forever / Las preocupaciones no duran para siempre* by Elizabeth Verdick**

K—3rd

Everyone feels worried or anxious at times, and young children are no exception. Friendly and supportive, this bilingual English-Spanish book explains what worries are and how it feels to be worried, assuring children that lots of kids—and grown-ups too—feel worried. Children learn that there are many ways to help their worries go away: "Guess what? You are bigger than your worries. You can learn to make your worries smaller and smaller and smaller." Talking about worries, moving around, keeping hands busy, breathing deeply, getting a big hug, and thinking good thoughts are all ways for children to cope with worries.

Hey Warrior! by Karen Young

K—5th

A book to help children understand what actually happens in their brain when they experience anxiety. Understanding why anxiety feels the way it does, and where the physical symptoms come from, is a powerful step in turning anxiety around.

Wilma Jean the Worry Machine by Julia Cook

K—5th

Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety.

The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination by Robin Alter, PhD and Crystal Clarke, MSW RSW.

K—5th

Anxiety in children is on the rise, and recent research has uncovered a link between highly imaginative children and anxiety. Using engaging illustrations and fun activities based in cognitive behavioral therapy (CBT), one of the most proven-effective and widely used forms of therapy today, this Instant Help workbook presents a unique approach to help children harness the power of their imaginations to reduce anxiety and build self-esteem.

David and the Worry Beast by Anne Marie Gunaci

1st—4th

David could not stop thinking about the basket he had missed at the end of the big game. He was worried that he might do it again. He was worried that his team mates would be angry with him. He was worried that his parents would not be proud of him. He was also worried about an upcoming math test. In fact, David was worried a lot. Luckily, David finally confided in his parents and school nurse, both of whom gave him support and techniques for controlling the "worry beast" within him.

When Worry Takes Hold by Liz Haske

1st—4th

One night just before the lights went out, Worry snuck into Maya's mind. Worry grew bigger and bigger until there was no space left for anything else; just darkness and fear. Maya finally finds Courage, through the form of a calming breath, and learns how to break free from Worry's hold.

What to do When You Worry Too Much by Dawn Huebner

1st—6th

An interactive self-help book designed to guide children and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents.

Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents by Laurie Zelinger and Jordan Zelinger.

3rd—8th

This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. The book gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves.

***Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress* by Regine Galanti, PhD** **7th—9th**

Getting good grades, keeping up with social media, maintaining friendships... you have a lot on your plate and it's more difficult when you add anxiety to the mix. You may even be avoiding situations, events, or people that could trigger your anxiety. So, how do you stop yourself from missing out on life? With *Anxiety Relief for Teens*, Dr. Regine Galanti teaches you how CBT-based skills and mindfulness techniques can help you manage your anxiety and reverse negative patterns. Through simple and effective exercises that help you change your thoughts, behaviors, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges.

Videos

Sesame Street: Zach Braff and Telly are Anxious

<https://www.youtube.com/watch?v=TDFEW3eAIlg>

Sesame Street: Common and Colbie Caillat "Belly Breathe" with Elmo

https://www.youtube.com/watch?v=_mZbzDOpyIA

Sesame Street: Stressful Event PSA-Elmo's Tip

<https://www.youtube.com/watch?v=080SefkwI64>

Anxiety Management for Kids

<https://www.youtube.com/watch?v=tBjeO9hpTxQ>