

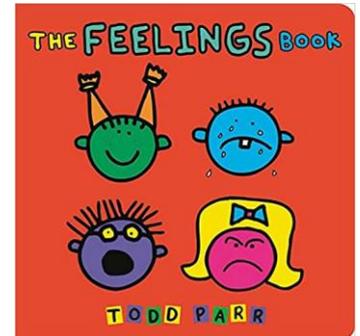
# Dealing with anxiety

## Books for children

### The Feelings Book by Todd Parr

Recommended age: 1 - 5

Sometimes it's hard to name a feeling with a single word. Sometimes it's easiest to explain how you feel by saying what it makes you want to do. In this book, familiar emotions like happy and sad sit alongside phrases like 'Sometimes I feel like standing on my head.' Parents can use these phrases to help children identify more complex feelings.



### Eggpressions by Hape

Recommended age: 2 - 8

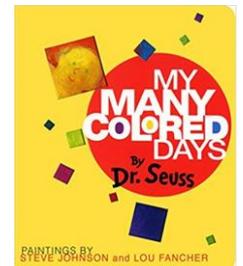
Some children find it helpful to do something practical while they talk about their emotions. Children can play with six eggs with facial expressions representing different emotions while you read the storybook together.



### My Many Colored Days by Dr Seuss

Recommended age: 3 - 5

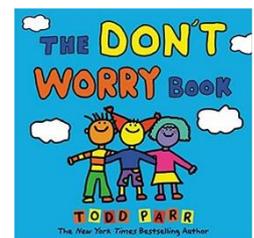
In this beautifully illustrated book, Dr Seuss provides a concrete way for children to talk about their emotions. Each mood is matched with a colour: black days are mad and loud, yellow days are busy and buzzy, green days are cool and quiet. And, of course, some days include a bit of everything!



### The Don't Worry Book by Todd Parr

Recommended age: 3 - 5

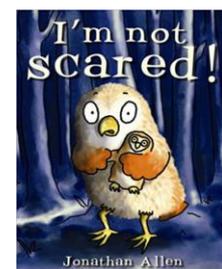
We all worry sometimes: maybe it's because of the dark or the news on TV. This book offers helpful strategies children can use to control their worry, from imagining themselves as a superhero to talking to the people they love.



### I'm Not Scared by Jonathan Allen

Recommended age: 3-5

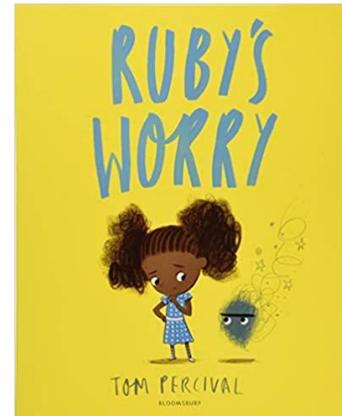
Baby Owl is out for a moonlight stroll through the woods but each animal he bumps into tells him not to be scared! Can he convince them that this is what owls are meant to do and more importantly, that he's not scared?!



## Ruby's Worry by Tom Percival

Recommended age: 4 - 7

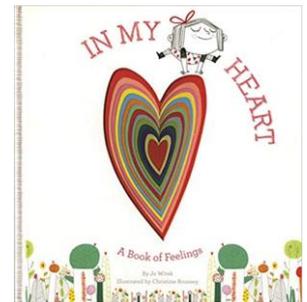
One day, Ruby finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again? A helpful book for discussing childhood worries and anxieties, no matter how big or small they may be.



## In My Heart: A Book of Feelings by Jo Witek

Recommended age: 4 – 7

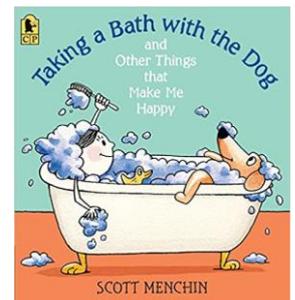
This book explores emotions like happiness, sadness, bravery, anger, shyness and explains what an emotion feels like physically. For example, 'When I get really angry, my heart feels like it's going to explode! Don't come near me!'. In lyrical language, this book introduces toddlers to a wide variety of emotions and helps them to identify and articulate their own emotions.



## Taking A Bath With The Dog and Other Things That Make Me Happy by Scott Menchin

Recommended age: 4 – 7

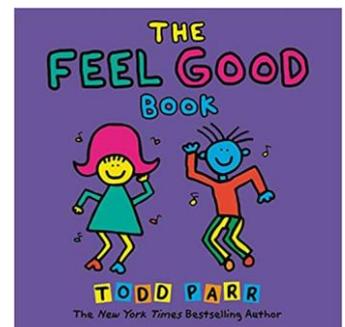
An amusing story with whimsical characters that shows us just doing what we love to do best can bring the biggest smiles of all.



## The Feel Good Book by Todd Parr

Recommended age: 4 – 7

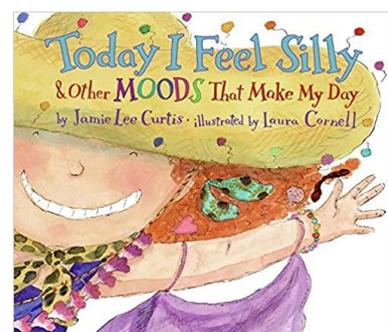
What makes you feel good? From making sounds like a monkey to making a new friend, there are so many things that happen every day that can make you happy. This book helps you count them all - it feels good to think about all the things that make you feel good.



## Today I Feel Silly & Other Moods That Make My Day by Jamie Lee Curtis

Recommended age: 4 - 8

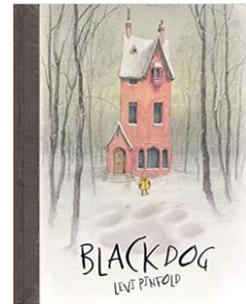
Everyone has moods that change every day and that's ok. The verse and illustrations in this book help children explore, identify and have fun with their ever-changing moods. The wheel allows you to change the expression of a face's eyes and mouth.



## Black Dog by Levi Pinfold

Recommended age: 4 - 8

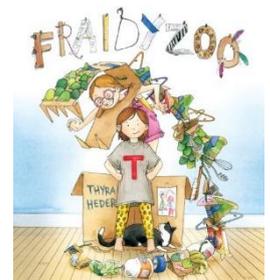
When a huge black dog appears outside the Hope family's house, they're all terrified except for Small, the youngest of the Hopes. When it chases her through the forest she shows no fear, so it grows smaller and smaller.



## FraidyZoo by Thyra Heder

Recommended age: 4 - 8

Little T is reluctant to go to the zoo with her family: something scared her there — but she can't remember what! A touch of humour can be a great way to help children overcome their fears, and Little T's family find funny and creative ways of helping her overcome hers.



## Sketch Monsters: Escape of the Scribbles by Josh Williamson

Recommended age: 4 – 8

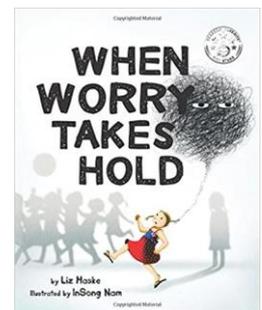
Mandy doesn't show her feelings - instead, she draws them in a sketchbook. But one day her emotions run wild and the monsters escape off the pages of her sketchbook. Mandy learns how to bring her emotions under control without restricting them so much that they explode again.



## When Worry Takes Hold by Liz Haske

Recommended age: 4 - 8

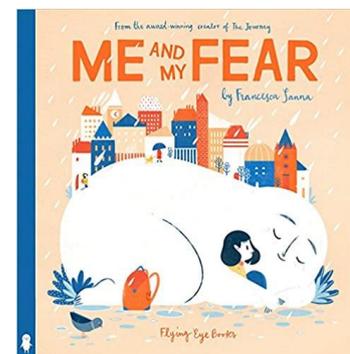
One night just before the lights went out, Worry snuck into Maya's mind. Worry grew bigger and bigger until there was no space left for anything else. Join Maya as she finds Courage, through the form of a calming breath, and learns how to break free from Worry's hold.



## Me and My Fear by Francesca Sanna

Recommended age: 4 - 8

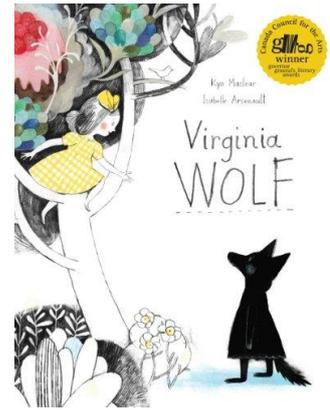
The little girl in this story has always had a tiny friend called Fear. But when her family immigrates to a new country, Fear gets bigger and bigger and tries to change the way she sees the world. But this little girl is stronger than Fear, and she discovers that everyone has a Fear and talking about your fears can help you to overcome them.



## Virginia Wolf by Kyo Maclear

Recommended age: 4 - 8

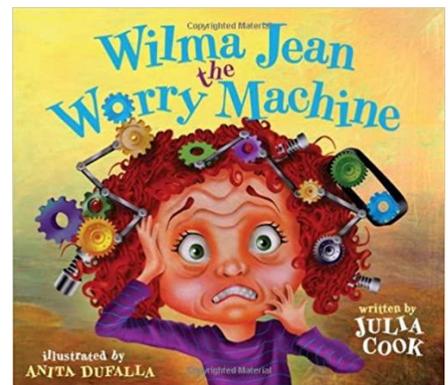
Virginia wakes up one day feeling wolfish: she growls, she snarls, and she hides in her bedroom and refuses to come out. Her sister, Vanessa, tries to cheer her up. After treats, funny faces and other efforts fail, Vanessa begins to paint a glorious mural depicting the world of the sisters' imagination. Will it help lift Virginia from her doldrums?



## Wilma Jean the Worry Machine by Julia Cook

Recommended age: 5 - 8

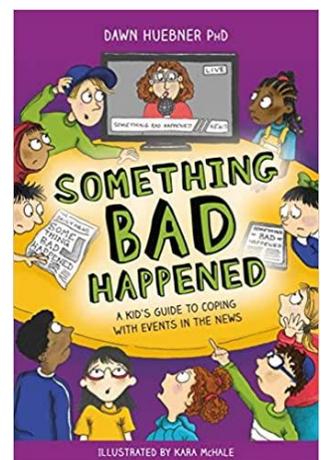
Wilma Jean worries so much that she wakes up feeling sick; all her brain seems to do is spit out more scenarios to worry about. When Wilma shares her worries with the adults in her life, they're able to help her find solutions, including dividing her worries into things she can control and things she can't, and picking a 'worry hat' she can put on when she needs a minute to think about her worries — and take off as a reminder that she can leave her worries behind.



## Something Bad Happened: A Kid's Guide to Coping With Events in the News by Dawn Huebner

Recommended age: 6 - 12

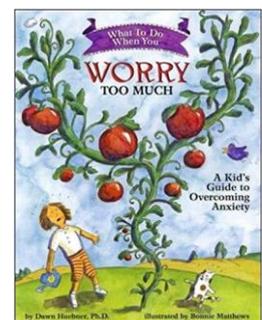
When children learn about something big and bad - even when they hear only bits and pieces - their brains get busy trying to make sense of it. This book guides children and the adults who care for them through tough conversations about national and international tragedies and provides child-friendly coping tools.



## What To Do When You Worry Too Much by Dawn Huebner

Recommended age: 6 - 12

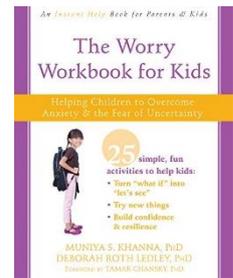
All children worry, but some children begin to feel like captives of their fears. This interactive self-help book uses age-appropriate language to introduce cognitive-behavioural techniques that provide children with tools and techniques to identify and manage their anxiety.



## The Worry Workbook for Kids by Muniya S. Khanna & Deborah Roth Ledley

Recommended age: 7 - 12

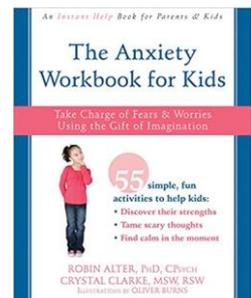
This workbook provides a selection of activities grounded in cognitive behavioural therapy that help children embrace uncertainty and actively adjust their thoughts and behaviours. Children will learn why some worry is a good thing, how their bodies respond to worry, and what they can do to break out of destructive thought cycles through a variety of techniques.



## The Anxiety Workbook for Kids by Robin Alter & Crystal Clarke

Recommended age: 7 - 12

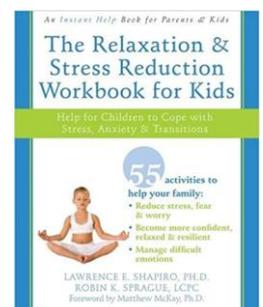
This workbook uses cognitive behavioural therapy techniques to teach children skills like assertiveness, positive thinking and body awareness. Children gain the confidence that comes from knowing that their strong imaginations can help them stay in control.



## The Relaxation and Stress Reduction Workbook for Kids by Lawrence E. Shapiro & Robin K. Sprague

Recommended age: 7 - 12

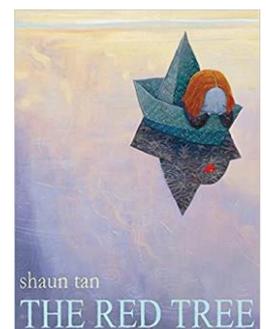
This book offers activities to do together that help replace feelings of worry and stress with hope, peace, and joy. There are relaxation techniques, suggestions about creating technology-free spaces for the family, ideas relaxing through art and creativity, and finding the funny side of life.



## The Red Tree by Shaun Tan

Recommended age: 8 - 12

Illustrations can help children capture feelings they can't express in words. This exquisite picture book targeted at older readers provides a new way for children to talk about emotions that can seem indescribable.



## Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner

Recommended age: 9 - 13

This book teaches children and the adults who care for them skills that make worry and fear easier to face and overcome. Practical techniques are presented in accessible language with an emphasis on shifting from knowing to doing and from worried to happy and free.

