



# Book Recommendations On Child Anxiety

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## YOUR GO TO RESOURCE

# NAVIGATING CHILD ANXIETY

## THE BOY WITH BIG, BIG FEELINGS

By Britney Winn Lee and Jacob Souva

An instant classic in the world of Social-Emotional Learning, this bestselling picture book tells the story of one little boy with some big, big emotions -- and how he learns to see them for the gifts they are.



## BIG FEELINGS

Alexandra Penfold (Author), Suzanne Kaufman (Illustrator)  
Big Feelings, helps children navigate the emotional challenges they face in their daily lives.

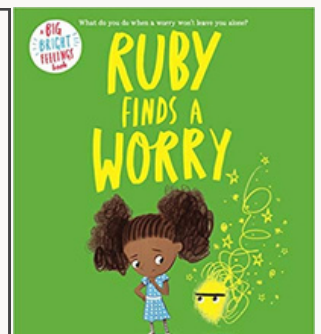
What should we do when things don't go to plan? We may feel mad, frustrated, or overwhelmed?



## RUBY FINDS A WORRY

Tom Percival

The beloved picture book about what to do when a worry won't leave you at alone -- perfect for reassuring young readers in times of stress.



## WORRY SAYS WHAT?

Allison Edwards (Author), Ayesha L Rubio (Illustrator)  
With a relatable story and beautiful artwork, Worry Says What? will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.



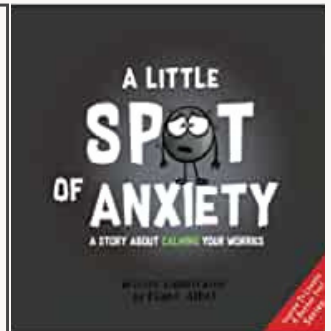
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### A LITTLE SPOT OF ANXIETY

Diane Alber

Anxiety comes from feelings of being worried, scared, or anxious. When these feelings are in small amounts that's okay because they are there to help protect us, but when they get TOO BIG, they become overwhelming and need to be managed.



### WILLOW CONQUERS HER WORRIES

Rachael Quickfall (Author), Alexa Grodecki (illustrator)

Your little warriors will learn along with Willow some great strategies to try: how to realize if they're worried or 'nerv-cited', how to calm their bodies with slow, deep breaths and how to write their worries away!

