

CHILDREN'S BOOKS: ANXIETY & EMOTIONS



What to Do When You Worry Too Much:

- **A Kid's Guide to Overcoming Anxiety**

An interactive self-help book designed to guide 6-12 year olds 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

- **The Huge Bag of Worries**

A funny and reassuring look at dealing with worries and anxiety, to be used as a spring board into important conversations with your child.

- **Hey Warrior: A Book for Kids about Anxiety**

Anxiety explained, kids empowered. Kids can do amazing things with the right information. Understanding why anxiety feels the way it does and where the physical symptoms come from is a powerful step in turning anxiety around.

