

East Granby Public Library

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Children's Books about Anxiety and Worry

Ruby Finds a Worry by Tom Percival

- **Description:** A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.
- **Call Number:** J PIC Percival (Book)

Each Kindness by Jacqueline Woodson

- **Description:** When Ms. Albert teaches a lesson on kindness, Chloe realizes that she and her friends have been wrong in making fun of new student Maya's shabby clothes and refusing to play with her.
- **Call Number:** J PIC Woodson (Book)

When Stars Are Scattered by Victoria Jamieson

- **Description:** Omar and his younger brother Hassan live in a refugee camp, and when an opportunity for Omar to get an education comes along, he must decide between going to school every day or caring for his nonverbal brother in this intimate and touching portrayal of family and daily life in a refugee camp
- **Call Number:** J GN Jamieson (Book)

The Don't Worry Book by Todd Parr

- **Description:** In his new book about things that might make kids worry--from bad news, to loud neighbors, or a big day at school--bestselling and beloved author Parr reassures kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.
- **Call Number:** J PIC Parr (Book)

Mr. Worry: a story about OCD by Greg Swearingen

- **Description:** Eight-year-old Kevin is frustrated by his need to check things and repeat actions over and over until a counselor diagnoses obsessive-compulsive disorder (OCD) and teaches him ways to manage this condition.
- **Call Number:** J PIC Niner (Book)

Wemberly Worried by Kevin Henkes

- **Description:** A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school.
- **Call Number:** J PIC Henkes (Book)

Anxious Ninja by Mary Nhin

- Description: Anxious Ninja experiences difficult emotions that paralyse him until his friend gives him tips on how to handle his anxiety. Find out what happens in this comedic book about anxiety. Life is hard! And it's even harder for children who are just trying to figure things out. The new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults.
- Call Number: J PIC Nhin (Paperback)

What do you do with a Problem? by Yamada Kobi

- Description: What do you do with a problem? Especially one that follows you around and doesn't seem to be going away? Do you worry about it? Ignore it? Do you run and hide from it? This is the story of a persistent problem and the child who isn't so sure what to make of it. The longer the problem is avoided, the bigger it seems to get. But when the child finally musters up the courage to face it, the problem turns out to be something quite different than it appeared.
- Call Number: J PIC Yamada (Book)

Sometimes I Worry by Alan Gross

- Description: Expresses common fears such as being separated from family or never growing and suggests a way to deal with these worries.
- Call Number: J PIC Gross (Book)

Hugging Hour! by Aileen Leijten

- Description: Drew, who prefers to be called Drool, worries her parents are never coming back when she spends the night with her grandmother.
- Call Number: J PIC Leijten

Mae's First Day of School by Kate Berube

- Description: As Mae walks to school for her first day, her anxiety builds until she meets some new friends who show her that they can conquer their fears together.
- Call number: J PIC Berube (Book)

Don't Worry Bear by Greg Foley

- Description: A caterpillar reassures a worried bear that they will see each other again when the caterpillar emerges from its cocoon.
- Call Number: J PIC Foley (Book)

The Kissing Hand by Audrey Penn

- Description: A mother raccoon teaches her son a way to overcome his fear about going to kindergarten for the first time.
- Call Number: J PIC Penn (Book)

Small Things by Mel Tregonning

- Description: An empowering wordless graphic picture book that gets to the heart of a young boy's anxiety and opens the way for dialogue about acceptance, vulnerability, and the universal experience of worry.
- Call Number: J PIC Tregonning

Teen:

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic

by Michael A. Tompkins

- Description: Discusses common anxieties and outlines several tools and techniques for dealing with phobias, anxieties, and panic attacks.
- Call Number: YA 618.92 TOM (Paperback)