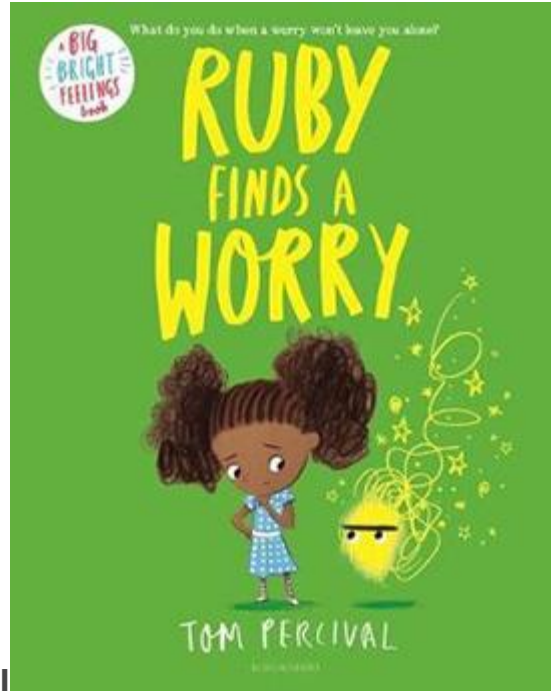


12 Picture Books About Anxiety for Kids



[Ruby Finds a Worry](#) by Tom Percival

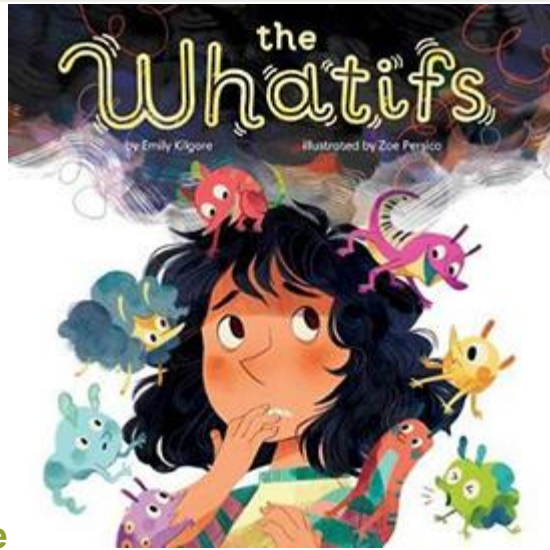
One day Ruby, a happy little girl, unexpectedly finds a worry. At first it's very small, but it grows and grows. Suddenly her worry is enormous! How will she cope? When she meets a new friend who also knows a lot about worry, he helps her out. This book is part of the Big Bright Feelings series and will help you talk to your children about what to do when they're worried or anxious.

I Feel...
ANXIOUS



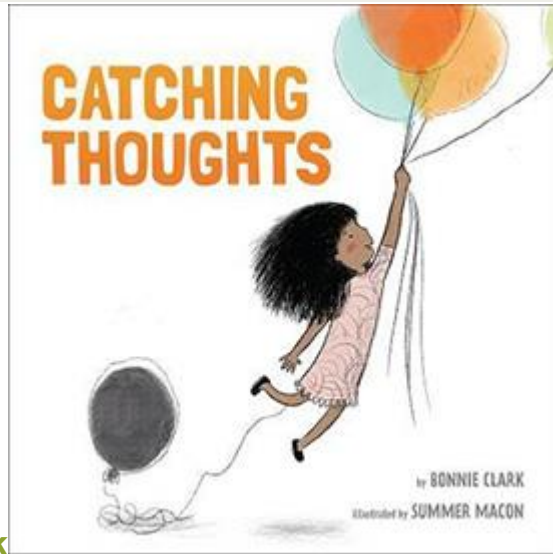
I Feel Anxious by DJ Corchin

A lovely introduction to anxiety, helping children to recognise the many ways it can feel with suggestions for calming their fears and worries, and encouraging kids to voice how they feel.



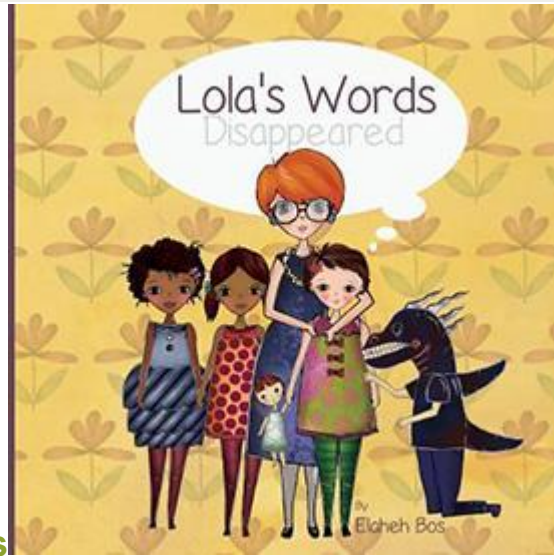
The Whatifs by Emily Kilgore

Cora is constantly worrying about everything and because of this, the Whatifs love her. They sneak up to her and give her all kinds of doubts! As she prepares for an upcoming piano recital, the Whatifs cling tighter and make her anxious about messing up during the concert. Will she be able to change her worry-filled thoughts into hopeful ones?



Catching Thoughts by Bonnie Clark

For every child who has been weighed down by sadness or anxiety, this story teaches kids how to acknowledge unwanted thoughts, show them compassion and actively replace them with positive thoughts instead.

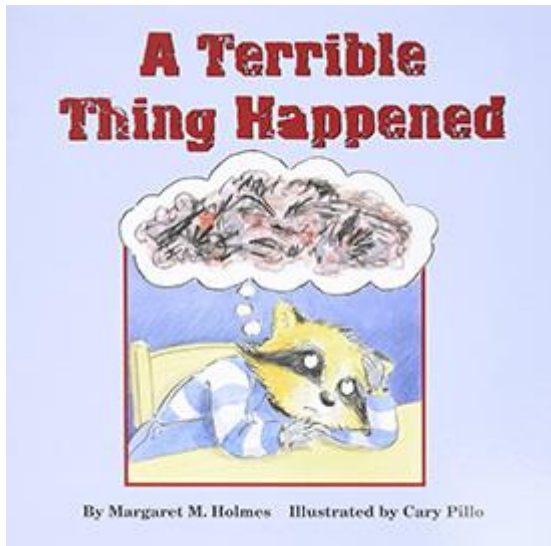


Lola's Words Disappeared by Elaheh Bos

When Lola starts school, all of her words suddenly disappear and don't come back!

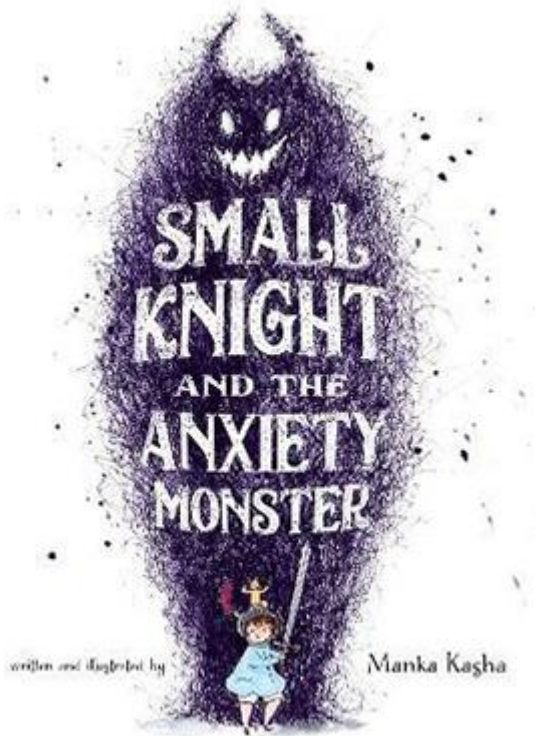
After she finds some strategies for managing her anxiety, her words begin to reappear. Written for children with selective mutism, this book includes a useful activity guide as well.

A Terrible Thing That Happened by Margaret M. Holmes



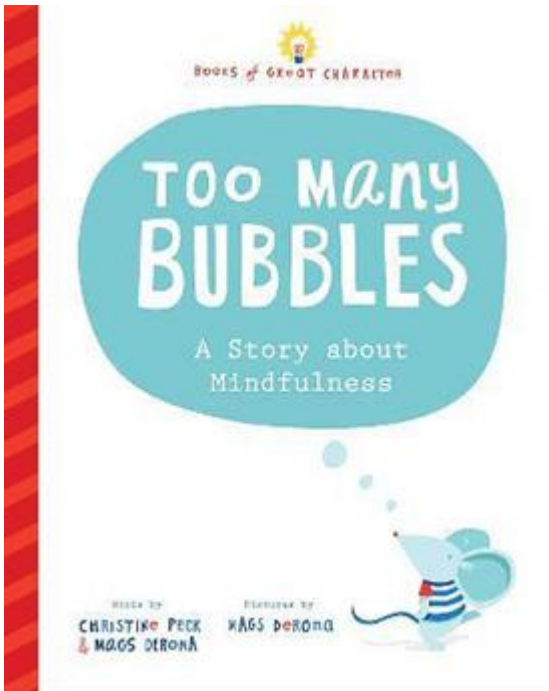
Sherman Smith saw something awful happen. He tried to forget about it, but that didn't work. Instead of forgetting, he thought about it even more as he got stomachaches and couldn't sleep. Finally he talked to Ms. Maple, who helped him deal with the terrible thing and to feel much better. If your child is reluctant to talk to a counselor, this is a great book to share!

Small Knight and the Anxiety Monster by Manka Kasha

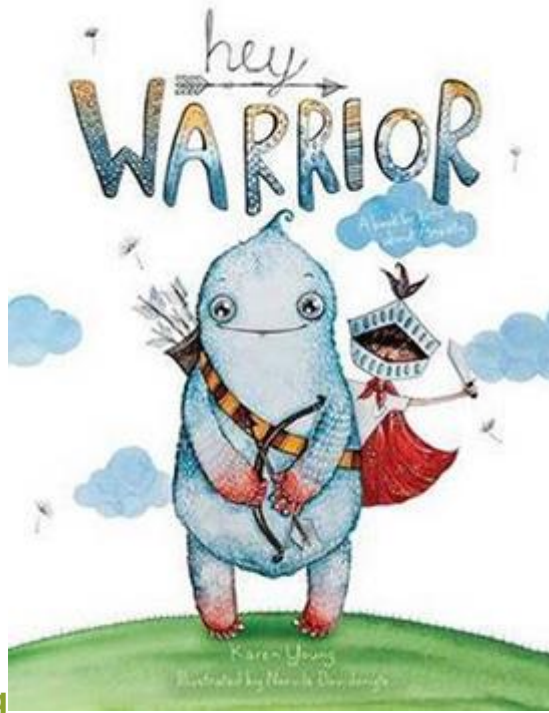


When Small Knight feels pressure from their parents to be a perfect princess, an anxiety monster shows up. No one else can see the monster, so Small Knight and their best friend Tiny Bear, decide that it is up to them to save themselves. They set off on a magical quest, only to discover that the answer was inside themselves all along.

Too Many Bubbles by Christine Peck & Mags Deroma



Izzy has a problem. Something is casting a shadow over her day...it's a bubble. One little grumpy thought bubble that just won't go away. It follows Izzy everywhere, until...another pops up. And another. Can Izzy figure out what to do about the bubbles-before they completely take over everything?



Hey Warrior by Karen Young

An exceptional explanation of how anxiety happens and effects the body, in a way that anyone, even an anxious kid, can understand. On top of explaining what is happening, it also includes excellent suggestions on how to cope with anxiety, and the reasons why they work.

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A LITTLE SPOT OF ANXIETY

A STORY ABOUT CALMING YOUR WORRIES

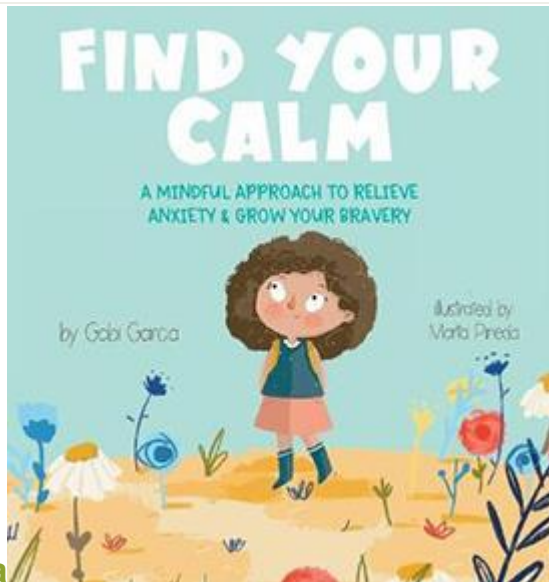
Written & Illustrated
by Diane Alber

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Improve to Create
A Better World!
Series

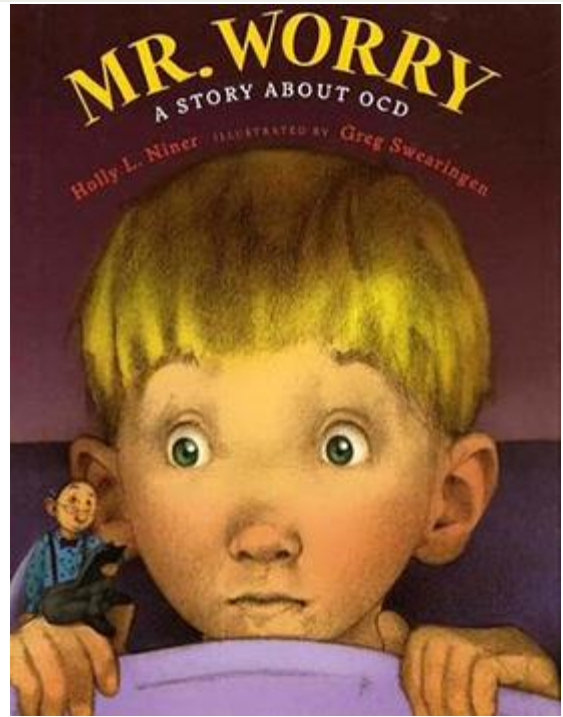
A Little Spot of Anxiety by Diane Alber

A great tool for reminding children that anxiety can affect people all ages and how it can show up in all different situations. The Gray spot in the story creates a visual representation of anxiety so that a child can see when it's gets too big, and how to shrink it back down.



Find Your Calm by Gabi Garcia

A wonderful book for teaching children how to tap into their sense of safety when anxiety sends a false alarm, so they can restore their own, inner calm.



Mr. Worry: A Story About OCD by Holly Niner

Eight-year-old Kevin just wants to go to sleep like other boys and girls. Unfortunately, Kevin is compelled to check and recheck things, and endlessly repeat actions.

Unless he does these things, he's plagued with anxiety. What to do? Kevin begins to feel much better when his teacher gives him strategies for managing his anxiety.

Share this story to help manage an obsessive compulsive disorder diagnosis or help your children empathize with those who have OCD.