



Suggested Reads for Kids in Dealing with Anxiety and Stress

Picture Books

Juv Picture Book Baldacchino	<i>Violet Shrink</i>
Juv Picture Book Chaim	<i>I Am a Peaceful Goldfish</i>
Juv Picture Book Gianferrari	<i>Being a Dog: A Tail of Mindfulness</i>
Juv Picture Books Grant	<i>Leif and the Fall</i>
Juv Picture Book Hale	<i>Be Still, Life</i>
Juv Picture Book Hunter	<i>What if, Pig?</i>
Juv Picture Book Kwan	<i>How It Feels to be a Boat</i>
Juv Picture Stein	<i>Don't Worry Murray</i>

Fiction

Juv Reader Beginner Yolen	<i>Testing the Waters</i>
Juv Fiction Allen	<i>Breathing Underwater</i>
Juv Fiction Legrand	<i>Some Kind of Happiness</i>
Juv Fiction Melleby	<i>How to Become a Planet</i>
Juv Fiction O'Reilly	<i>The Notations of Cooper Cameron</i>
Juv Comics Tregonning	<i>Small Things</i>

Non-Fiction

Juv 152.1 Bowers	<i>We Listen to Our Bodies</i>
Juv 152.4 Chopra	<i>Just Feel: How to be Stronger, Happier, Healthier, and More</i>
Juv 152.4 Llenas	<i>The Color Monster: A Story about Emotions</i>
Juv 152.46 Cox	<i>The Book of No Worries: A Survival Guide to Growing Up</i>
Juv 155.4 Huebner	<i>What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety</i>
Juv 155.4 Moss	<i>Bounce Back: How to be a Resilient Kid</i>
Juv 155.4 Whoa	<i>Whoa, Dog. Whoa!: How to Relax</i>
Juv 155.5 Hipp	<i>Fighting Invisible Tigers: Stress Management for Teens</i>
Juv 155.9 Romain	<i>Stress Can Really Get On Your Nerves!</i>
Juv 155.9 Spalding	<i>12 Tips for Managing Stress and Anxiety</i>



Juv 155.9 Woodburn	<u><i>A Smart Girl's Guide, Worry: How to Feel Less Stressed and Have More Fun</i></u>
Juv 155.9042 Kyi	<u><i>Under Pressure: The Science of Stress</i></u>
Juv 158 Edwards	<u><i>Happy</i></u>
Juv 158 Willey	<u><i>Breathe like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime</i></u>
Juv 158.1 Andrews	<u><i>Meditation</i></u>
Juv 158.1 Borgert-Spaniol	<u><i>Crafting Calm: Art and Activities for Mindful Kids</i></u>
Juv 158.1 Gates	<u><i>Meditate with Me: A Step-By-Step Mindfulness Journey</i></u>
Juv 158.1 Kinder	<u><i>Calm: Mindfulness for Kids</i></u>
Juv 158.1 Meyer	<u><i>Big Breath: A Guided Meditation for Kids</i></u>
Juv 158.1 Stewart	<u><i>Mindful Me: Mindfulness and Meditation for Kids</i></u>
Juv 158.12 Bladen	<u><i>What's in Your Mind Today?</i></u>
Juv 158.12 Chopra	<u><i>Just Breathe: Meditation, Mindfulness, Movement, and More</i></u>
Juv 158.13 Kenney	<u><i>Calm Monsters, Kind Monsters: A Sesame Street Guide to Mindfulness</i></u>
Juv 303.6 Drew	<u><i>The Kids' Guide to Working Out Conflicts: How to Keep</i></u>
	<u><i>Cool, Stay Safe, and Get Along</i></u>
Juv 613.7 Rissman	<u><i>Calm Girl: Yoga for Stress Relief</i></u>
Juv 616.9 Culbert	<u><i>Be the Boss of Your Stress: Self-Care for Kids</i></u>
Juv 811 Coombs	<u><i>Breathe and Be: A Book of Mindfulness Poems</i></u>
Juv 811 Heard	<u><i>My Thoughts are Clouds: Poems for Mindfulness</i></u>

Parent and Teacher Resources

Juv P/T 152.4 Walker	<u><i>Anxiety Relief for Kids: On-the-Spot Strategies to Help Your Child</i></u>
	<u><i>Overcome Worry, Panic & Avoidance</i></u>
Juv P/T 155.4 Kilbride	<u><i>Working with Worry: A Workbook for Parents on How to Support Anxious Children</i></u>
Juv P/T 158.1 Bernard	<u><i>Meditation for Kids: How to Clear Your Head and Calm Your Mind</i></u>
Juv P/T 616.89 Sileo	<u><i>A World of Pausabilities: An Exercise in Mindfulness</i></u>
Juv P/T 618.92 Spencer	<u><i>The Anxiety Cure for Kids: A Guide for Parents</i></u>

Music and DVDs

Juv CD Music Cavanaugh	<u><i>Happy Little Hearts: Health & Healing Meditations for Children</i></u>
Juv CD Music Raffi	<u><i>Quiet Time</i></u>
Juv DVD 613.2 I	<u><i>I Can Do Yoga: Beginners Level</i></u>
Juv DVD 613.7 Yogakids	<u><i>Yogakids 3: Silly to Calm for Ages 3-6</i></u>