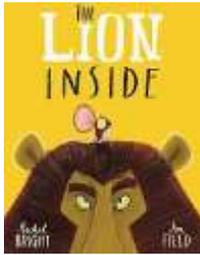


Recommended Books for Low Mood and Anxiety



The Lion Inside (by Rachel Bright)

Ages 3-5 years

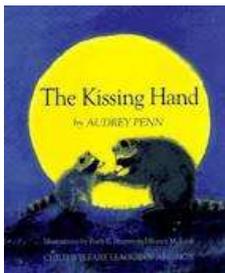
'A bestselling story about confidence, self-esteem, and a shy little mouse who sets out on a journey to find his roar.'



Hey Warrior: A Book for Kids About Anxiety (by Karen Young)

Ages 2-6 years

'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. Anxiety explained, kids empowered.'



The Kissing Hand (by Audrey Penn)

Ages 3-7 years

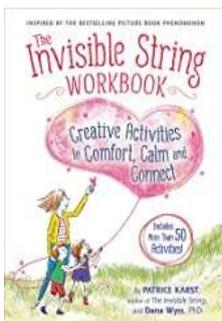
'School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called the Kissing Hand to give him the reassurance of her love any time his world feels a little scary.'



The Invisible String (by Patrice Karst and Joanne Lew-Vriethoff)

Ages 4-7 years

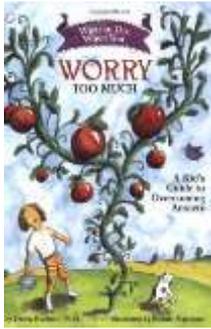
'Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string.'



The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect (by Dana Wys, Patrice Karst & Joanne Lew-Vriethoff)

Ages 4-8 years

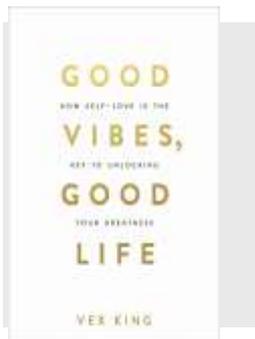
'The Invisible String Workbook allows readers of all ages who have experienced any kind of separation or loss to delve deeper into their relationships, to engage in exploratory and healing conversations, and to build healthier attachments.'



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (by Dawn Huebner and Bonnie Matthews)

Ages 6-12 years

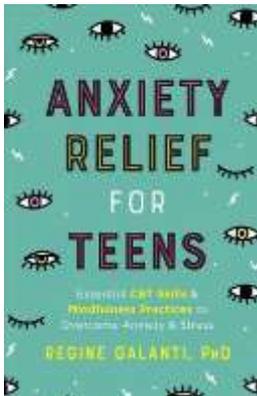
'What to Do When You Worry Too Much is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.'



Good Vibes Good Life (by Vex King)

Age: Secondary up

'Join the self-love revolution with Instagram visionary Vex King and discover inspirational messages and universal wisdom to help you manifest positive vibes.'

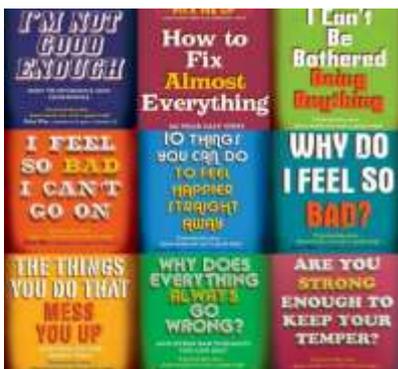


Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress (by Regine Galanti)

Age: Secondary Up

'Anxiety Relief for Teens features:

- Quizzes and self-assessments to better understand your anxiety and emotions and discover their respective triggers.*
- 30+ CBT-based tools to manage your anxiety along with practical strategies for dealing with challenging emotions such as anger and sadness.*
- 30+ mindfulness practices to cope with your anxiety in the present moment through visualizations, breathing, meditation, and other exercises.'*



Pick Me Up Series (by Chris Williams)

Age: Secondary Up

'These amazing little books are potential life-savers. Using simple text and bold design, each book meets the reader at a point of low mood or unhelpful thinking, and guides them through rational thought processes to a more positive mood and a healthier outlook on life.'