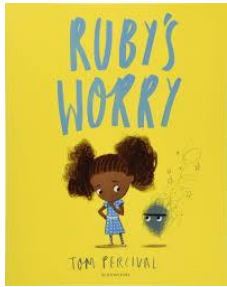




## Anxiety/worry story books – published

### Younger children (3+) (approx.)

- How Big Are Your Worries Little Bear? (Sanders, J; 2017) (42 pages)
- The Huge Bag of Worries (Ironside, 2011) (32 pages)
- Little Monkey Calms Down (Dahl, M; 2014) (21 pages)
- Be Brave Little Penguin (Andreae, G; 2017) (32 pages)
- The Worrysaurus (Bright, R; 2020) (32 pages)



### Children 5-9 (approx.)

- Wilma Jean the Worry Machine (Cook, J; 2012) (32 pages)
- David and the Worry Beast (Guanci, A. M; 2007) (48 pages)
- When Worry Takes Hold (Haske, L; 2017) (32 pages)
- 100<sup>th</sup> Day Worries (Cuyler, M; 2006) (32 pages)
- The Invisible String (Karst, P; 2018) (40 pages)
- Ruby's Worry (Percival, T; 2018) (32 pages)
- The Owl Who Was Afraid of the Dark (Tomlinson, J; 2014) (112 pages)

## Books read aloud on YouTube

- On Monday When it Rained <https://www.youtube.com/watch?v=vNWGJqYbX-U>
- The Way I Feel <https://www.youtube.com/watch?v=ITPUxVQ6UIk>
- The Colour Monster <https://www.youtube.com/watch?v=PWujGPb6mqo>
- In My Heart: A book About Feelings <https://www.youtube.com/watch?v=xlfLgHBwYx4>



## Informational videos on YouTube

- Managing worry and anxiety for kids – short informational song <https://www.youtube.com/watch?v=l7q8Atv27Q8>
- Anxiety management for kids – short story <https://www.youtube.com/watch?v=tBjeO9hpTxQ>

## Information and resources

- Barnardo's – general information about anxiety with some 'tips and tricks' [https://www.barnardos.org.uk/blog/what-anxiety?qclid=EAlalQobChMIhfWby\\_6Z6QIVqrTtCh2WIADyEAAYASAAEgIGAvD\\_BwE](https://www.barnardos.org.uk/blog/what-anxiety?qclid=EAlalQobChMIhfWby_6Z6QIVqrTtCh2WIADyEAAYASAAEgIGAvD_BwE)
- ChildLine – Information and advice on how to manage anxiety including links to short videos <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/managing-your-anxiety/>
- Mind – Information on looking after your wellbeing for young people including coronavirus specific advice. <https://www.mind.org.uk/information-support/for-children-and-young-people/>
- Stem4 – Information for teenagers on supporting their mental health <https://stem4.org.uk/anxiety/>

