

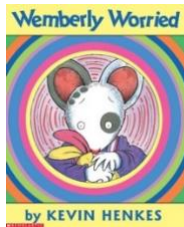


RECOGNIZING ANXIETY IN YOUTH

Resources to Use with Youth

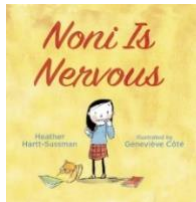
Books for Youth with Anxiety

[Wemberly Worried](#) by Kevin Henkes
(Pre-K–2)



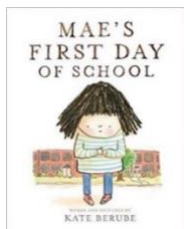
Wemberly is a mouse who worries about everything, but her biggest fear is the first day of school. Kids will relate to Wemberly's fears and learn with her as she overcomes them.

[Noni Is Nervous](#) by Heather Hartt-Sussman
(Pre-K–2)



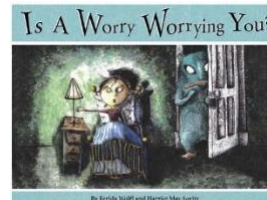
Noni is nervous about lots of things, but she is particularly anxious about her first day of school. This book about managing fears will help children who are contemplating a new experience.

[Mae's First Day of School](#) by Kate Berube
(Pre-K–2)



As Mae's first day of school approaches, her anxiety builds, but then she meets Rosie and Ms. Pearl, who are equally nervous. This reassuring narrative shows kids the power of expressing fears and conquering them with support from others.

[Is a Worry Worrying You?](#) by Ferida Wolff and Harriet May Savit
(Pre-K–2)



Different hypothetical situations invite kids to think about creative ways to solve worrying problems and talk to kids about how to rethink reactions to fear.

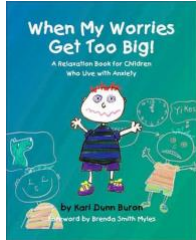
[First Day Jitters](#) by Julie Danneberg
(Pre-K–2)



Mr. Hartwell tries to convince a nervous Sarah to come out from under her covers and attend her first day of school. When she overcomes her fear and arrives at school, readers realize that Sarah Jane Hartwell is the new teacher. Kids will appreciate the joke and be reassured that they are not alone in their first-day jitters.



When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety by Kari Dunn Buron (K–3)



Although this workbook was developed to help children on the autism spectrum recognize and handle anxious emotions, it is appropriate for any young child who experiences anxiety.

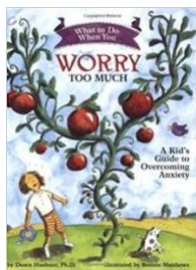
Black Dog by Levi Pinfold (Grades 1–4)



When a huge dog appears outside the Hope family’s house, they’re all terrified except for Small, the youngest, who chases the rapidly shrinking dog until

her courage has shrunk the dog to a normal, not scary size. This book will remind students that facing fears can help minimize them.

What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety by Dawn Huebner (Grades 1–6)



Engaging, encouraging, and easy to follow, this book helps kids develop actionable ways to manage anxiety and will empower them to work toward change.

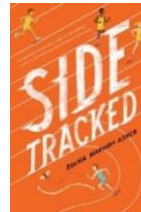
Stanley Will Probably Be Fine

by Sally J. Pla (Grades 3–6)



Sixth grader Stanley struggles with anxiety, which prevents him from making friends, trying new things, and participating in a comics trivia scavenger hunt. Whether they suffer anxiety themselves or not, readers will cheer for Stanley and will come away with some coping strategies for dealing with their own stresses.

Sidetracked by Diana Harmon Asher (Grades 4–7)



With debilitating phobias of everything from hard-boiled eggs to gargoyles, Joseph struggles to make friends at school. But when his seventh-grade teacher compels him to join the school track team, he makes an unlikely friend and finds himself off the sidelines for the first time.

What to Do When You’re Scared and Worried: A Guide for Kids

by James J. Crist (Grades 4–7)



This checklist helps kids narrow down what they are anxious about and know that they are not alone in their feelings.



Anxiety Sucks: A Teen Survival

Guide by Natasha Daniels

(Grades 7 and up)



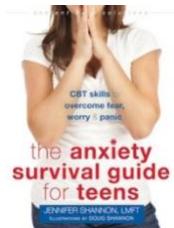
Written by a therapist who has firsthand experience with anxiety, this is a great book for teens to help them understand the underlying causes of their anxiety and work on practical steps

they can take to manage it.

The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic

by Jennifer Shannon

(Grades 7 and up)



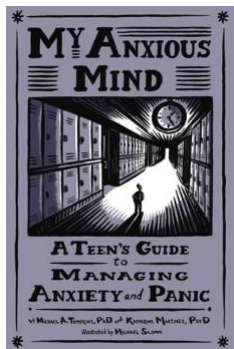
This easy-to-read book offers practical strategies to help teens overcome all kinds of anxiety-inducing scenarios by recognizing and silencing the “monkey mind,” or the primitive, instinctual part of the brain.

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

by Michael A. Tompkins and Katherine

Martinez (Grades 7 and up)



Beginning with relaxation and moving through more complex strategies, each step in this book builds a layered approach to managing anxiety. The final chapters stress the importance of

proper nutrition, exercise, sleep, and the possible need for medication.



Mindfulness Apps for Youth

Calm



Calm is a mindfulness app that helps with sleep, meditation, and relaxation.

Worry Time



Worry Time app helps to connect feeling of worry to designated periods, reducing worry or generalized anxiety, improving self-reflection and problem-solving skills.

Breathe



The Breathe app guides you through a series of deep breaths, and it reminds you to take time to breathe every day.

Headspace



Headspace takes a clinical approach to the many benefits of mindfulness. With hundreds of meditation options, you can hone your skills with gentleness and clarity, reducing your anxiety and stress levels in just a few days.