

# Parents Corner Topics:

# Worry/Anxiety



P  
BLAC, M

## I'm Worried

Michael Ian Black

Potato is worried about what might happen in the future, causing Flamingo to worry, too, but their friend, a little girl, encourages them to focus on enjoying the present, instead.

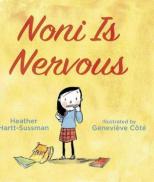


P  
HART, H

## Noni is Nervous

Heather Hartt-Sussman

Noni is nervous about playdates, and global warming, and most of all, about the first day of school. Her parents are worried too, and even her brother is a little wary. But Noni finds a friend, someone a little more outgoing than herself, and discovers that through friendship, she can belong and succeed in a world that once filled her with dread.

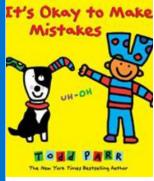


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PARR, T

## It's Okay to Make Mistakes

Todd Parr

Presents a series of situations in which taking chances and trying new things can lead to good results, even if there were mistakes along the way.



J 155.4  
HUEB, D

## What To Do When You Worry Too Much: a Kid's Guide to Overcoming Anxiety

David Zelster

Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies.

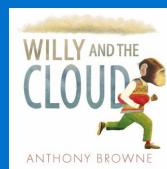


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BROW, A

## Willy and the Cloud

Anthony Browne

One warm, sunny day, Willy the Chimp decides to go to the park. There's not a cloud in the sky--well, except for just a little tiny one. It doesn't bother Willy too much at first. But as the cloud follows him, it grows bigger and bigger and becomes harder and harder to ignore. Pretty soon the cloud is all Willy can think about, and he has no idea how to make it go away.

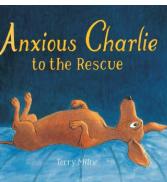


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MILN, T

## Anxious Charlie to the Rescue

Terry Milne

Charlie did everything the same, every day. He was afraid something bad would happen if he didn't. When an emergency disrupts his routine, Charlie discovers that sometimes change can lead to something wonderful.



P  
PERC, T

## Ruby Finds a Worry

Tom Percival

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it.



J 155.4  
VERD, E

## Worries Are Not Forever

Elizabeth Verdick

This book for preschool and primary children explains what worries are and how it feels to be worried. It assures children that everyone--even grown-ups--feel worried, and that they can learn to cope. Strategies include talking about worries, breathing deeply, and thinking good thoughts.



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CONK, M

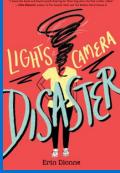


### Every Missing Piece

Melanie Conklin

Ever since her father died in a terrible accident, Maddy Gaines has worried a lot. She calls the police so often that she's on a first-name basis with the Sheriff. When a new boy moves to town, Maddy is convinced that he's not who he says he is—he's a boy who went missing six months ago. Maddy, her dog, her best friend, and her stepdad team up to see what he's hiding.

J  
DION, E



### Lights, Camera, Disaster

Erin Dionne

Eighth-grader Hester Greene suffers from Attention-deficit hyperactivity disorder, plus anxiety, which is why she loves making movies where she is behind the camera and in complete control of the action—but if she cannot improve her language arts grade she will not be allowed to enter her video in The Hoot.

J  
DILL, M



### Five Things About Ava Andrews

Margaret Dillaway

Ava Andrews has a Technicolor interior with a gray shell. What nobody knows is that Ava has invisible disabilities: anxiety and a heart condition. Ava hopes middle school will be a fresh start, but when Zelia moves and Ava's Nana Linda pushes her to speak up about social issues, she withdraws further. So Ava is shocked when her writing abilities impress her classmates and they invite her to join their improv group.

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GEPH, D

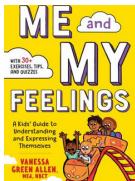


### In Your Shoes

Donna Gephart

Miles is an anxious boy who loves his family's bowling center. Amy is the new girl at school, who tries to write her way to her own happily-ever-after and does not want to live above her uncles funeral home. Then Miles and Amy meetin the most unexpected way ... and it is the beginning of everything.

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ALLE, V

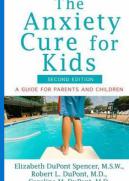


### Me and My Feelings: a Kids' Guide to Understanding and Expressing Themselves

Vanessa Allen Green

This book shows you how to stay in control by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal with all kind of feelings, including the hard ones like sadness, anxiety, or even fear.

PT  
618.92  
SPEN, E



### The Anxiety Cure for Kids: a Guide for Parents and Children

Elizabeth DuPont Spencer

This reassuring guide helps adults and children understand the powerful ways in which anxiety works and how to overcome its negative effects.

## MORE BOOKS ABOUT WORRY/ANXIETY:

My Teacher's Not Here! | P Button

Do Not Go in There! | P Horn

Ready for Anything | P Kasza

Jack's Worry | P Zuppardi

Guts | JGN Telgemeier

Stand Tall like a Mountain: Mindfulness and Self-Care for Children and Parents | PT 158.1 READ