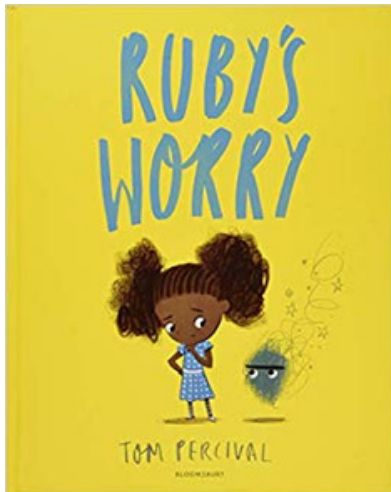


Anxiety and Worries

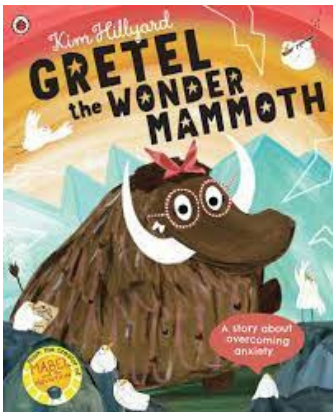
Picturebooks for EYFS/KS1



Ruby's Worry- Tom Percival

Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

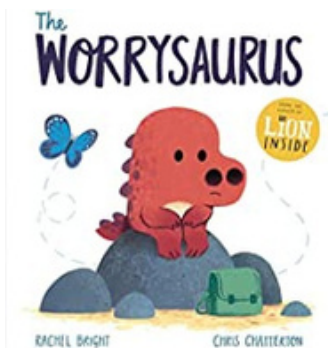
Gretel The Wonder Mammoth- Kim Hillyard



One peaceful Tuesday morning, a loud CRACK could be heard as the last mammoth on earth broke free from her icy shell - here comes Gretel the Wonder Mammoth! Everyone is so excited to meet her but as she settles into her new life, Gretel starts to feel a little overwhelmed and even a bit lonely...

This positive, encouraging picture book teaches young readers that perhaps the bravest act a person (or mammoth!) can do is a

The Worrysaurus- Rachel Bright and Chris Chatterton



It's a beautiful day and Worrysaurus has planned a special picnic. But it isn't long before a small butterfly of worry starts fluttering in his tummy . . .

What if he hasn't brought enough to eat?

What if he gets lost in the jungle?

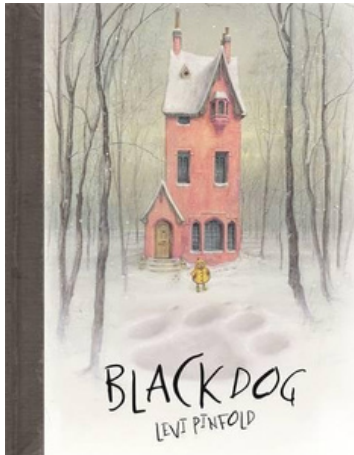
What if he trips and falls?

What if it rains?!

Can Worrysaurus find a way to chase his fears away and have fun?

Anxiety and Worries

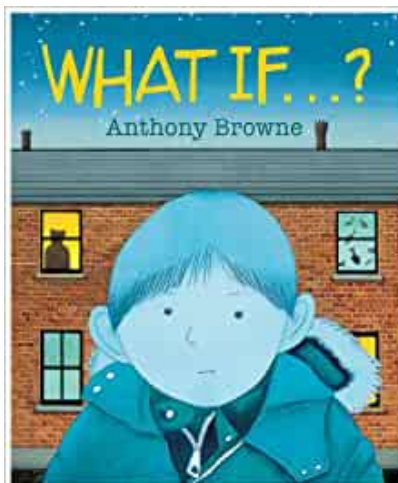
Picturebooks for KS2



Black Dog- Levi Pinfold

Only Small, the youngest of the Hopes, has the courage to face the Black Dog that appears outside the family's home. When it chases her through the forest she shows no fear, so it grows smaller and smaller.

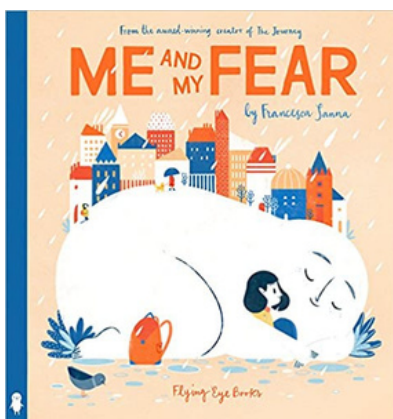
Black Dog is a thought-provoking picture book about the nature of fears and how they can become unwieldy if we don't face up to them.



What If...?- Anthony Browne

"Joe is nervous about his first big party, and as Mum walks him along the darkening street to his friend's house, his imagination starts to run wild. They search for the right place, looking through the windows, wondering "What if...?" while making surprising discoveries along the way.

Me and My Fear- Francesca Sanna



A beautiful tale of conquering fears and spreading empathy from award-winning author and illustrator Francesca Sanna. When a young girl has to travel to a new country and start at a new school, her Fear tells her to be alone and afraid. How can she hope to make friends if she doesn't understand their language? A heart-warming and relevant new tale from the bestselling author and illustrator of 'The Journey', this book shows us the importance of sharing your Fear with others - after all, everyone carries a Fear with them, even if it's small enough to fit into their pocket!

Anxiety and Worries

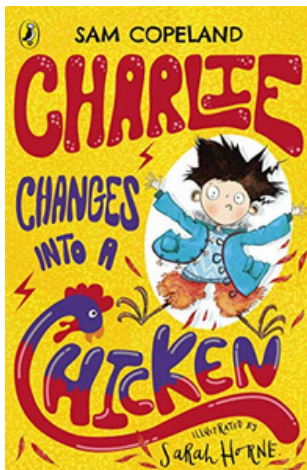
Chapter Books and Novels for KS2



Sam Wu is NOT Afraid of Ghosts- Katie and Kevin Tsang and Nathan Reed

"Sam Wu is NOT a scaredy-cat (except he is). When a trip to the Space Museum goes terrifyingly wrong, Sam begins a mission to prove to the school bully, and all of his friends, that he is a fearless space adventurer.

This is a laugh out loud book which also is a great way to begin conversations about fears, bullying and being yourself.



Charlie Changes Into A Chicken- Sam Copeland and Sarah Horne

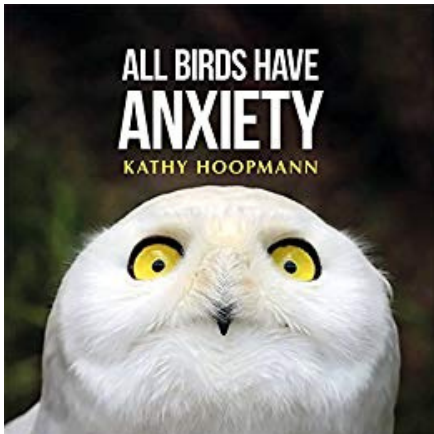
Charlie McGuffin has an incredible secret . . .He can change into animals. All sorts of animals: a flea, a pigeon, even a rhino. Trouble is, he can't decide when - it only happens when he gets worried. And right now, Charlie has quite a lot to worry about: His brother (who is in hospital) His parents (who are panicking about it) And the school bully (who has Charlie in his sights) And even though every kid wants a superhero power, Charlie isn't keen on changing into a chicken in the middle of the school play.

A hilarious book which also features great strategies for dealing with worry.

Anxiety and Worries

Non-Fiction

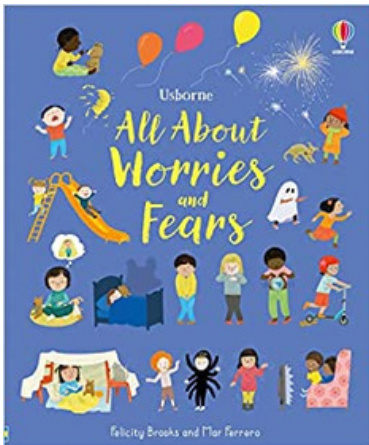
All Birds Have Anxiety- Kathy Hoopmann



Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, All Birds Have Anxiety uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it.

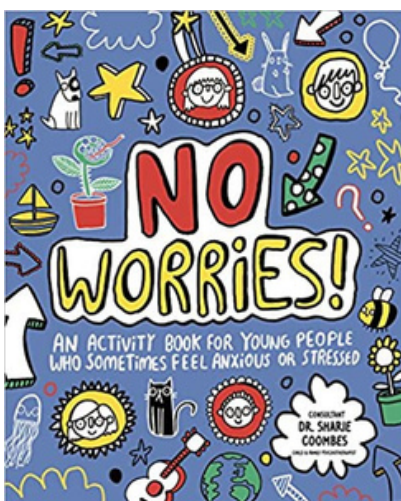
Wonderful funny pictures of birds paired with useful information and strategies for dealing with anxiety.

All About Worries and Fears- Felicity Brooks and Mar Ferrero



There can be a lot to worry about when you are little, from monsters under the bed to Monday's maths test, but one person's scary spider is another's perfect pet, so how can we learn to stop everyday fears and worries from growing out of proportion or even overwhelming us? This book helps children understand why we have different fears and worries and the physical effects they can have on our bodies. It then offers all sorts of fun and helpful activities and strategies to help manage and even overcome them.

No Worries!- Dr Sharie Coombs and Katie Abey



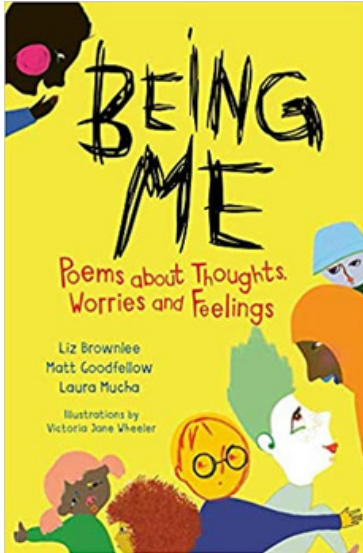
No Worries! is an interactive self-care activity book for children aged 7+ to colour and doodle their way to happiness, calm and confidence.

A great activity book full of fun doodles that helps children to explore their emotions.

Anxiety and Worries

Poetry

Being Me: Poems About Thoughts, Worries and Feelings-



Read about the Land of Blue, where it's OK to feel sad, find ideas for what to do with worries or how to slow down when your head is full of hurry. Give yourself time to chill out, find quiet voices in noisy places and discover kindness in yourself and others. Then maybe your own special thought machine will tell you, 'This is going well. You're doing great. You've got this!' And you have!

This important and unique anthology of 45 poems by three leading poets, well known for their empathy and perception, speaks to the heart of what children think and care about, offering understanding, support and encouragement.

With an endnote by leading clinical psychologist Karen Goodall.

Graphic Novel (Comic Book)

Guts- Raina Telgemeier



Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows: friends, not-friends, and classmates who think the school year is just one long gross-out session. It soon becomes clear that Raina's tummy trouble isn't going away... and it coincides with her worries about food, school, and changing friendships. What's going on?

A beautifully illustrated graphic memoir for UKS2 that explores the relationship between mind and body.