

## **Anxiety Resources for Children**

### **Books**

Helping Your Anxious Child (Ronald Rapee)

Freeing Your Child from Anxiety (Tamar Chansky)

What to Do When You Worry Too Much (Dawn Huebner)

When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety (Kari Dunn Buron)

Sometimes I Worry Too Much But Now I Know How to Stop (Dawn Huebner)

Wemberly Worries (Kevin Henkes)

Wilma Jean the Worry Machine (Julia Cooke) [Ages 6-11]

Little Mouse's Big Book of Fears (Emily Gravett) [9 & up]

David & The Worry Beast: Helping Children Cope with Anxiety (Anne Marie Guanci)

### **Websites**

[www.aasap.org](http://www.aasap.org)

[www.anxioustoddlers.com](http://www.anxioustoddlers.com)

[www.childmind.org](http://www.childmind.org)

[www.heysigmund.com](http://www.heysigmund.com)

[www.stressfreekids.com](http://www.stressfreekids.com)

[www.juliacookonline.com](http://www.juliacookonline.com)

[www.copingskillsforkids.com](http://www.copingskillsforkids.com)

[www.mghclaycenter.org](http://www.mghclaycenter.org)

### **YouTube**

AT Parenting Survival For All Ages (several good videos for parents and kids)

Elmo Belly Breathe

### **Apps**

Breathe 2 Relax

My Calm Beat

Relax Melodies

Stop, Breathe & Think

Positive Penguins

Worry Box

Calm- section for children

Mindfulness Minutes (\$)

Headspace- section for children

### **Instagram**

Hey Sigmund

MGH Clay Center

### **Distracting Apps**

Recolor- coloring books for kids

Tanzen Free- puzzles

Mekorama- robot puzzles

Breath of Light- relaxing puzzler