

Resources for Anxiety in Children and Teens:

Websites:

1. WorryWise Kids: www.worrywisekids.org
2. The Child Mind Institute:
<https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

Apps:

1. DreamyKid
2. Stop Breathe and Think Kids
3. Smiling Minds
4. Positive Penguins
5. Chill Outz
6. Calm
7. Mindshift

Books:

1. Wemberly Worried by Kevin Henkes (Pre-K–2)
2. Mae’s First Day of School by Kate Berube (Pre-K–2)
3. The I’m Not Scared Book by Todd Parr (Pre-K–2)
4. Noni Is Nervous by Heather Hartt-Sussman (Pre-K–2)
5. First Day Jitters by Julie Danneberg (Pre-K–2)
6. Is a Worry Worrying You? by Ferida Wolff and Harriet May Savitz (Pre-K–2)
7. When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety by Kari Dunn Buron (K–3)
8. Black Dog by Levi Pinfold (1–4)
9. What to Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety by Dawn Huebner (1–6)
10. Stanley Will Probably Be Fine by Sally J. Pla (3–6)
11. Sidetracked by Diana Harmon Asher (4–7)
12. What to Do When You’re Scared and Worried: A Guide for Kids by James J. Crist (4–7)
13. Anxiety Sucks: A Teen Survival Guide by Natasha Daniels
14. The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic by Jennifer Shannon
15. My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic by Michael A. Tompkins and Katherine Martinez