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## **Resources for Supporting our Children with Anxiety**

The following is a list of resources that I often use in my own practice and/or with my own children. Some of these books can be found at local bookstores, others can be found at a speciality bookstore such as Odin Books (<https://odinbooks.com>).

### **I. Books**

#### **Story Books about Characters with Anxiety**

The Worrywarts - Pamela Duncan Edwards  
Wemberly Worried - Kevin Henkes  
The Worry Monster - Caroline Uff  
Scaredy Squirrel Series by Mélanie Watt  
Bear Feels Scared - Karma Wilson

#### **Story Books about Being Enough/Being You**

I am Enough - Grace Byers  
Be You! - Peter H. Reynolds  
Happy Dreamer - Peter H. Reynolds  
It's Okay to be a Unicorn! - Jason Tharp  
I am Human - Susan Verde  
Hey Awesome - Karen Young  
But We're not Lions! - Karen Young

#### **Books about Feelings**

Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience - Brené Brown  
In my Heart: A Book of Feelings - Jo Witek

#### **Books about Separation Anxiety**

The Invisible String - Patrice Karst  
The Kissing Hand - Audrey Penn

#### **Books about being Afraid of the Dark, Thunder**

Franklin in the Dark - Paulette Bourgeois & Brenda Clark  
Franklin and the Thunderstorm - Paulette Bourgeois & Brenda Clark



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The Darkest Dark - Chris Hadfield

I'm NOT (very) Afraid of the Dark - Anna Milbourne

### **Books about Perfectionism**

Penelope Perfect - Shannon Anderson

Nobody's Perfect: A story for Children about Perfectionism - Ellen Flanagan Burns

Ish - Peter H. Reynolds

Sky Color - Peter H. Reynolds

The Dot - Peter H. Reynolds

Beautiful Oops - Barney Saltzberg

### **Books about Relaxation**

When my Worries get Too Big! - Kari Dunn Buron

Mindfulness Games Activity Cards - Susan Kaiser Greenland with Annaka Harris

A Boy and a Bear: The Children's Relaxation Book - Lori Lite

Moody Cow Meditates - Kerry Lee MacLean

I am Peace - Susan Verde

### **Books about Thoughts**

Meet Thotso: your Thought Maker - Rachel Robb Avery

What is a Thought? (A Thought is a Lot) - Jack Pransky & Amy Kahofer

### **Books on Courage & Resilience**

The Little Engine that Could - Watty Piper

I am Courage: A Book of Resilience - Susan Verde

Brave as Can Be: A Book of Courage - Jo Witek

### **Books about the Brain**

Your Fantastic Elastic Brain: Stretch it, Shape it - JoAnn Deak

Poppy and the Overactive Amygdala - Holly Provan & Eric Provan

Dear you, love from your Brain - Karen Young

Hey Awesome: A Book for Kids about Anxiety, Courage, and being already awesome -  
Karen Young

Hey Warrior: A book for Kids about Anxiety - Karen Young

### **Workbooks on Anxiety**

What to Do when You Worry Too Much - Dawn Huebner

Surfing the Worry Imp's Wave - Sharon Selby



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The Anxiety Workbook for Teens - Lisa M. Schab

## II. Websites

### • **Anxiety Canada**

This website has an amazing collection of resources for people of all ages, including many videos.

<https://www.anxietycanada.com>

### • **Kelty Mental Health Resource Centre**

Kelty Mental Health is physically based at BC Children's Hospital. It also has a very extensive website with many resources, and staff answer questions by phone or video calls.

<https://keltymentalhealth.ca/anxiety>

## III. Newsletters

### • **Big Life Journal**

Big Life Journal was created by two parents to help their child develop resilience and a growth mindset. They have many helpful journals that address anxiety, and send out newsletters which often have worksheets that are helpful in reducing anxiety.

<https://biglifejournal.com>

### • **Go Zen**

Go Zen was created by Renee Jain. The aim of the website and newsletter is to focus on developing the emotional intelligence of children. They offer many free printable and programs with helpful exercises for addressing anxiety.

<https://gozen.com>