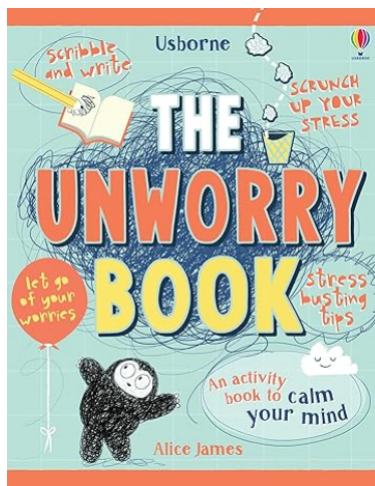




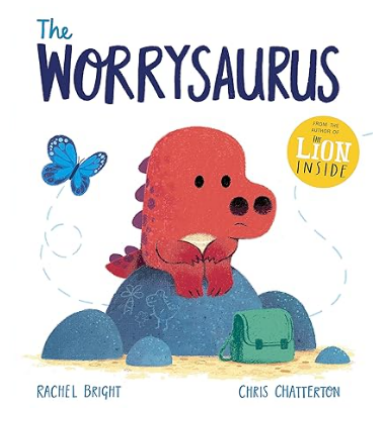
Books to Support Childhood Anxiety:



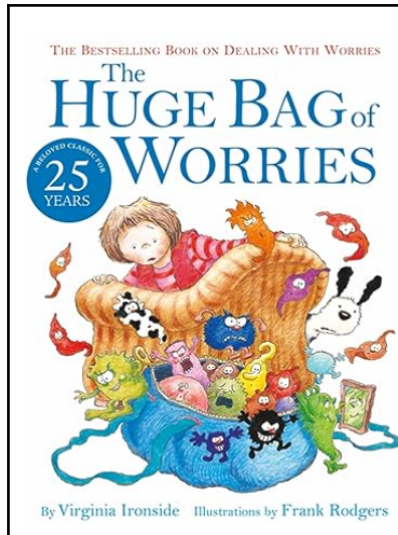
Ruby's Worry: A Big Bright Feelings Book
by Tom Percival
[Amazon Link: Ruby's Worry](#)



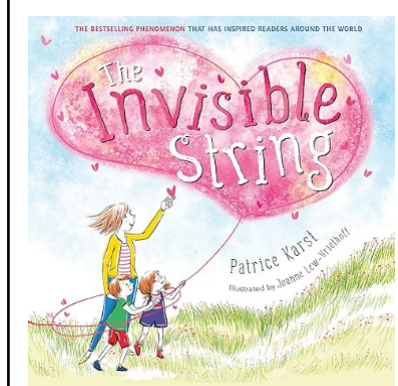
The Unworry Book
by Alice James (Author), Stephen Moncrieff (Illustrator)
[Amazon Link: The Unworry Book](#)



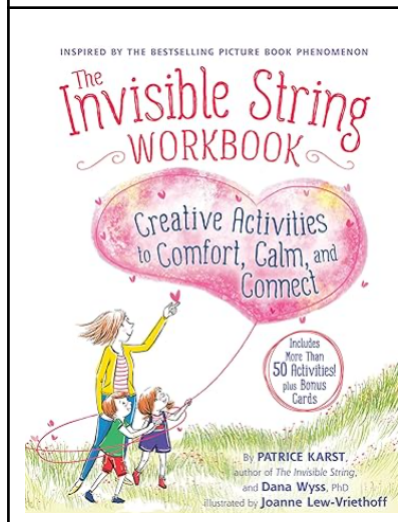
The Worrysaurus (DinoFeelings)
by Rachel Bright (Author), Chris Chatterton (Illustrator)
[Amazon Link: The Worrysaurus](#)



The Huge Bag of Worries
by Virginia Ironside (Author), Frank Rodgers (Illustrator)
[Amazon Link: The Huge Bag of Worries](#)

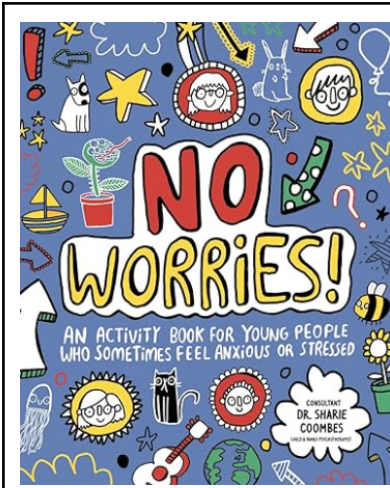


The Invisible String
by Patrice Karst (Author), Joanne Lew-Vriethoff (Illustrator)
[Amazon Link: The Invisible String](#)



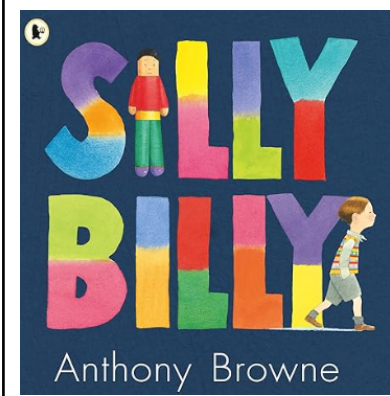
The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect
by Dana Wyss (Author), Patrice Karst (Author), Joanne Lew-Vriethoff (Illustrator)

[Amazon Link: The Invisible String Workbook: Creative Activities to Comfort, Calm, and Connect](#)



No Worries! Mindful Kids: An activity book for children who sometimes feel anxious or stressed
by Lily Murray (Author), Katie Abey (Illustrator), Dr. Sharie Coombes (Author)

[Amazon Link: No Worries! Mindful Kids: An activity book for children who sometimes feel anxious or stressed](#)



Silly Billy
by Anthony Browne (Author, Illustrator)

[Amazon Link: Silly Billy](#)