

Books About Worry and Anxiety for Pediatrics

Young readers (pre-school - 2nd grade)

- The Invisible String by Patrice Karst
- The Worry Box by Suzanne Chiew
- Don't Feed The Worry Bug by Andi Green
- Worry Says What? By Allison Edwards

Older Readers (2nd grade - 5th grade)

- A Little Spot of Anxiety by Diane Alber
- But It's Not My Fault by Julia Cook
- Wilma Jean the Worry Machine by Julia Cook

Advanced Readers (5th grade - middle school)

- Mindfulness for Kids Who Worry: Calming Exercises to Overcome Anxiety by Katie Austin LCSW-C
- Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner, PhD

Activity Books

- Wilma Jean the Worry Machine Activity and Idea Book by Julia Cook
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, PhD