



Preschool-Kindergarten



Don't Worry, Little Crab

by Chris Haughton • *Picture Book Hau*

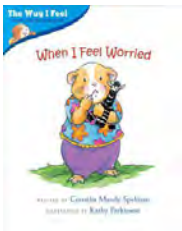
Looking forward to going for a first dip in the big ocean with Very Big Crab, Little Crab ventures sideways from his rock pool to the water's edge before the crashing waves challenge his bravery.



A Small Thing ... but Big

by Tony Johnston • *Picture Book Joh*

Lizzie meets an elderly man and his companion, Cecile, at the park, but Lizzie is afraid of dogs, so she relies on her new friend to help her take things one step at a time



When I Feel Worried

by Cornelia Spelman • *Picture Book Spe*

A young guinea pig describes situations that make her worry, what being worried feels like, and how she can stop worrying. Includes a note to parents and teachers.

Kindergarten-1st Grade



The Worrysaurus

by Rachel Bright • *Picture Book Bri*

Reassuring text and lighthearted illustrations combine in the story of an anxiety-prone little dinosaur whose plans for a special picnic are complicated by fears about what could go wrong, before a little support from a loved one helps him find ways to soothe his butterflies.



What If...?

by Anthony Browne • *Picture Book Bro*

An apprehensive young boy accompanies his mother on a walk to a party, wondering whether or not he will have a good time and indulging in wild imaginings about each house they pass before finding reassurance at the end of their journey.



Weasel is Worried

by Ciara Gavin • *Picture Book Gav*

When Weasel is caught in a storm, he builds a fortress to hide in. But then he meets Mole, who loves to play in the wind and splash in the rain. Can Weasel learn to overcome his fears and find joy, whatever the weather?



Something Might Happen

by Helen Lester • *Picture Book Les*

Fearful of all the strange and weird things that could happen to him in the big world, Twitchly Fidget doesn't bother to venture outside his dark and dreary underground home until his Aunt Bridget Fidget makes a visit and teaches him a much needed lesson in courage.



Ruby Finds a Worry

by Tom Percival • *Picture Book Per*

A young girl's sense of adventure and exploration vanishes when she discovers a Worry that grows and grows until she learns how to get rid of it

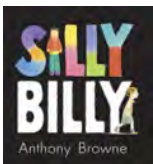
Kindergarten-2nd Grade



Way Past Worried

by Hallee Adelman • *Picture Book Ade*

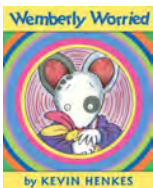
Nervous about what might go wrong at a friend's superhero party, young Brock finds companionship and support from a fellow caped partygoer fighting her own jitters, in a relatable story about developing the emotional intelligence skill of managing common worries.



Silly Billy

by Anthony Browne • *Picture Book Bro*

To help with his anxiety, Billy uses the tiny, colorful worry dolls his grandmother recommends, but he finds that they do not quite solve his problem when he starts worrying about them!



Wemberly Worried

by Kevin Henkes • *Picture Book Hen*

A mouse named Wemberly, who worries about everything, finds that she has a whole list of things to worry about when she faces the first day of nursery school



Ready for Anything!

by Keiko Kasza • *Picture Book Kas*

Initially quite excited about going on a picnic with his friend Duck, Raccoon begins to consider all the terrible things that could happen, like getting stung by bees or running into a dragon, but patient Duck finds the perfect words to ease his friend's worried mind.

For Parents



Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear

by Cynthia G Last • *Nonfiction 618.92 Las*



Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children

by John S. Dacey • *Nonfiction 649.1 Dac*

Books for Kids about Worry and Anxiety



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