

Children's Books for Anxiety/Worry

- Is A Worry Worrying You?
- When My Worries Get Too Big
- Roly Poly Pangolin
- Absolutely Not
- Wemberly Worried
- Dinosaur Starts School
- First Grade Jitters
- Jonathan James and the What if Monster
- Mindful Monkey, Happy Panda
- Thornton the Worrier
- Wilma Jean the Worry Machine