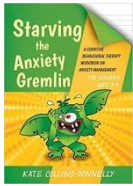


## Books – for primary school aged children



### **Starving the Anxiety Gremlin.**

Author: Kate Collins-Donnelly

*Helps children to understand and manage their anxiety with this engaging and Imaginative workbook*



### **Overcoming Your Child's Fears and Worries**

Author: Cassie Creswell

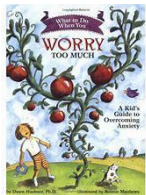
*Based on techniques developed and practiced by the authors, this book teaches parents how to use cognitive behavioural techniques with their children*



### **Huge Bag of Worries**

Author: Virginia Ironside

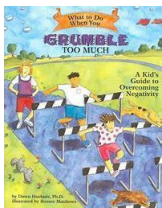
*A story about a young girl who is holding onto her worries who learns how to let them go.*



### **What to do when you worry too much: A kid's guide to overcoming Anxiety.**

Author: Dawn Huebner Ph.D

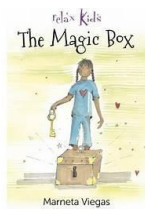
*An interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural technique most often used in the treatment of generalised anxiety.*



### **What to do when you grumble too much: A kid's guide to overcoming negativity**

Author: Dawn Huebner Ph.D

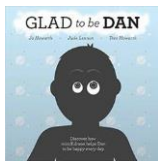
*An interactive self-help book that guides 6- to 12-year-old children and their parents through the cognitive-behavioural techniques used to treat negative thinking.*



### **Relax Kids: The Magic Box**

Author: Marneta Viegas

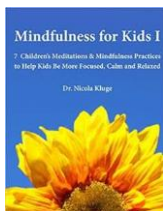
*The reflections in The Magic Box incorporate simple relaxation exercises and visualisations designed to improve children's self-esteem and confidence and reduce stress and anxiety. Practiced regularly, these exercises can have a profound effect on children's mental, emotional and physical wellbeing.*



### **Glad To Be Dan: Discover how mindfulness helps Dan to be happy every day**

Author: Jo Howarth & Jude Lennon

*This story includes mindful exercises to help young children learn how to cope with different emotions.*



### **Mindfulness for Kids I: 7 Children's Meditations & Mindfulness Practices to Help Kids Be More Focused, Calm and Relaxed: Seven Meditation Scripts with Warm-up & Follow-up Activities: Volume 1.**

Author: Dr Nicola Kluge

*Session plans for meditation and mindfulness exercises.*