

# COPING WITH ANXIETY

## PICTURE BOOKS

- **The Worry Box** by Suzanne Chiew
- **When Lions Roar** by Robie H. Harris
- **Noni is Nervous** by Heather Hartt-Sussman
- **Wemberly Worried** by Kevin Henkes
- **Ready for Anything!** by Keiko Kasza
- **It's Okay To Make Mistakes** by Todd Parr
- **Ruby Finds a Worry** by Tom Percival
- **The Dot** by Peter H. Reynolds
- **Beautiful Oops!** by Barney Saltzberg
- **Small Things** by Mel Tregonning
- **And Two Boys Booed** by Judith Viorst
- **The Piggie and Elephant** series by Mo

Willems

## CHAPTER BOOKS

- **Francine Poulet Meets the Ghost Raccoon**  
by Kate Dicamillo
- **Umbrella Summer** by Linda Graff
- **Real Friends** by Shannon Hale
- **Alvin Ho series** by Lenore Look
- **The Nest** by Kenneth Oppel
- **Smile** by Raina Telgemeier
- **Sam Wu series** by Katie Tsang
- **Justin Case series** by Rachel Vail