**Resources for Children Struggling with Worries**

**Fiction Books for Preschool and Primary Aged Children**

*The Huge Bag of Worries Virginia Ironside*

Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them? For preschool and primary aged children.

*The Invisible String Patrice Karst*

A mother tells her two children that they're all connected by an invisible string. "That's impossible!" the children insist, but still they want to know more: "What kind of string?" The answer is the simple truth that binds us all: *An Invisible String made of love. Even though you can't see it with your eyes, you can feel it deep in your heart, and know that you are always connected to the ones you love.* Does everybody have an Invisible String? How far does it reach? Does it ever go away?

For preschool and primary aged children.

*The Most Magnificent Thing Ashley Spires*

A charming book about resilience and perseverance.

*Lucy’s Blue Day Chris Duke*

Lucy’s hair changes colour to match her feelings but when her hair turns blue she doesn’t know why. Lucy discovers that everyone has difficult feelings sometimes and it’s ok to not be ok.

**Non-Fiction Books**

*What To Do When You Worry Too Much: A Kids Guide to Overcoming Anxiety Dawn Huebner*

Interactive self-help book designed to guide 6-12 year olds and their parents through cognitive-behavioural approaches often used in supporting children with anxiety.

*No Worries Dr Sharie Coombes*

Interactive activity book for children aged 7+ to help manage challenging feelings.

*Don’t Worry Be Happy Poppy O’Neill*

A fun and practical guide utilising cognitive-behavioural approaches to help children overcome anxiety. For children aged 7–11.

*Lucy’s Blue Day – My Diary: For Older Children and Teenagers Christopher Duke*

Lucy explores her feelings in her diary. Follow–on from Lucy’s Blue Day.