



### Supporting the anxiety (intervention)

| <p align="center"><b>Supporting approach</b></p> <p>Using books to help children and young people name and understand feelings and experiences of anxiety.</p>   | <p align="center"><b>Making it successful</b></p>   | <p align="center"><b>Resources</b></p> |
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| <p>There is an emerging body of research that highlights that a carefully chosen book can help children and young people to explore difficult feelings and can help them to put into words or pictures feelings that may be difficult to express. A Cambridge University study found that “reading fiction provides an excellent training for young people in developing and practicing empathy and theory of mind, that is, understanding of how other people feel and think”.</p> <p>Other research has found that fiction helps to develop empathy, as the empathy we feel towards characters in stories wires our brains to have a similar sensitivity towards people in the real world.</p> <p>Some of the ways in which it is thought that books can help include:</p> <ul style="list-style-type: none"> <li>- It creates distance between the topic and child, enabling discussion about the feelings of a character, rather than themselves.</li> <li>- Children may make links with their own experiences and expand their vocabulary for the feelings they are having.</li> <li>- When books are used to expand emotional literacy, children can be prepared for future experiences.</li> <li>- Feelings are normalised and children learn that everyone has their own interior world of emotions.</li> </ul> | <p>Choose a book that is at the appropriate level for the child.</p> <p>Before sharing a book with child, think about:</p> <ul style="list-style-type: none"> <li>○ What emotion do I want to teach?</li> <li>○ What message about managing the emotion do I want the child to take away?</li> <li>○ How will I model the emotion to the child?</li> <li>○ What questions can I ask before, during or after the story?</li> <li>○ What activities will support the child’s understanding of the emotion(s)?</li> </ul> <p>- Here are some ideas for questions you can ask before, during and after the story:</p> <p>Before:</p> <ul style="list-style-type: none"> <li>○ How do you think the character is feeling?</li> <li>○ What tells you that the character is feeling that way?</li> <li>○ What does our face and body look like when we are feeling that way?</li> </ul> <p>During:</p> <p>How do you think the character is feeling now?<br/>   How would it make you feel if...What would you do if you were feeling that way?</p> <p>After:</p> <p>Did the characters feelings stay the same or change throughout the story?<br/>   How did their feelings change? Do your feelings change?<br/>   What helps you when you are feeling...?</p> | <p>See Booklist.</p>                   |

## Booklist to support children with feelings of anxiety

### Early Level-First Level:

#### **Bedtime Fears:**

*Night light: A story for children afraid of the dark* by J. Dutro and K. Boyle

*Scary Night Visitors: A story for children with bedtime fears* by I. Marcus and P. Marcus

#### **Relaxation:**

*Goodnight Caterpillar* by L. Lite

*A boy and a turtle* by L. Lite

#### **General anxieties:**

*I bet I won't fret: A workbook to help children with Generalized Anxiety Disorders* by T. Sisemore

*Silly Billy* by Anthony Browne

*The Red Tree* by Shaun Tan

*You've Got Dragons* by Kathryn Cave

*Ruby's Worry* by Tom Percival

*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* by Dawn Huebner

*The Huge Bag of Worries* by Virginia Ironside

*Hey Warrior!* by Karen Young

*When My Worries Get too Big* by Kari Dunn Buron

#### **Selective Mutism:**

*Cat's got your tongue: A story for children afraid to speak* by C. Schaefer and J. Friedman

*Understanding Katie* by E. Shipon-Blum

#### **Separation:**

*I don't want to go to school: Helping children cope with separation anxiety* by K. Voerg and N. Pando

*The good-bye book* by J. Viorst and K. Charao

Owl Babies by Martin Waddel

*Have You Seen My Duckling?* By Nancy Tafuri

*When Mama Comes Home Tonight* by Eileen Spinelli

*I Love You All Day Long* by Francesca Rusackas

*Are You My Mother?* by P.D. Eastman

*Oh My Baby, Little One* by Kathi Appelt

*Whose Mouse Are You?* by Robert Kraus

*Don't Go!* by Jane Breskin Yolen

*The Kissing Hand* by Audrey Penn

**Obsessive compulsive tendencies:**

*Mr. Worry: A story about OCD* by H. Niner and G. Swearingen

*Up and down the worry hill* by A.P. Wagner and P.A. Jutton

*What To Do When Your Brain Gets Stuck: A Kid's Guide To Overcoming OCD* by Dawn Huebner

**Children who have witnessed violence or trauma:**

*A terrible thing happened: A story for children who have witnessed violence or trauma* by M. Holmes and S. Mudlaff

**For children with anxieties related to school:**

*Wilma Jean and the Worry Machine* by Julia Cook

**For children who have experienced loss:**

*Badger's Parting Gifts* by Susan Varley

*The Scar* by Charlotte Moundlic

**When parents separate:**

*Mum and Dad Glue* by Kes Gray

**Anxieties around perfectionism:**

*The Girl Who Never Made Mistakes* by Mark Pett

*Beautiful Oops* by Barney Saltzberg

*Ish* by Peter H. Reynolds

*Your Fantastic Elastic Brain: Stretch It, Shape It* by JoAnn Deak

Second and Third Level:

**General anxieties:**

*Outsmarting Worry* by Dawn Huebner

*Anxiety Sucks! : A Teen Survival Guide* by Natasha Daniels

*The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic* by Jennifer Shannon

*My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* by Michael A. Tompkins and Katherine Martinez

*Anxiety Relief for Kids* by Bridget Flynn Walker

*Coping Skills for Kids Workbook* by Janine Halloran

**Obsessive compulsive tendencies:**

*Am I Normal Yet?* By Holly Bourne

**Anxieties around perfectionism:**

*Finding Perfect* by Elly Swartz

**For children who have experienced loss:**

*Tiffany Sly Lives Here Now* by Dana L. Davis

*Free Verse* by Sarah Dooley

*Kite Spirit* by Sita Brahmachari

**Children who have witnessed violence or trauma:**

*Ghost* by Jason Reynolds