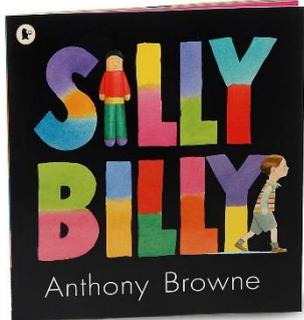
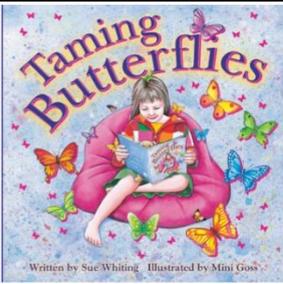
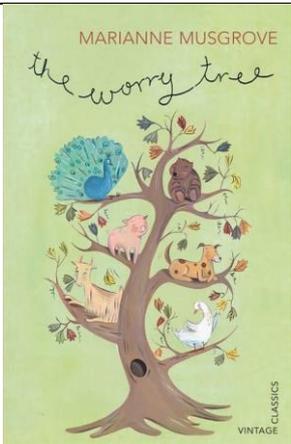


Picture story books for children about anxiety and worries

All kids worry at some time, and some children struggle with anxious feelings on a regular basis. Here is a collection of books that teachers and parents can use to open discussion with children about feeling worried and how they can try to manage their anxious feelings.

Name	Author	About	Image
Silly Billy	Anthony Browne	An atmospheric exploration of childhood worries and how to overcome them, by the 2000 Hans Christian Andersen Medal Winner. Billy is a bit of a worrier. He worries about hats and shoes. He worries about clouds and rain and giant birds. Most of all he worries about staying at other people's houses. His mum and dad try to help, but still Billy worries ... until a visit to his grandma's shows him how to overcome his fears with the aid of his imagination - and some tiny worry dolls.	
Taming Butterflies	Sue Whiting	What do you do when you have butterflies in your tummy, the ones that make you really shy, nervous and all a-flutter? One day a visitor arrives, who shows Tilly how to make those pesky butterflies be still.	
The Huge Bag of Worries	Virginia Ironside	Wherever Jenny goes, her worries follow her - in a big blue bag. They are there when she goes swimming, when she is watching TV, and even when she is in the lavatory. Jenny decides they will have to go. But who can help her? This beautifully illustrated book, targeted for primary school aged children, can appeal to all ages.	
The Worry-Tree	Marianne Musgrove	Juliet's a worrywart, and no wonder! Her little sister, Oaf, sings 'The Irritating Song' all day, her parents are arguing, and Juliet's two best friends are jealous of each other. Juliet can't fit in any more worries! But behind the wallpaper in her new room, Juliet discovers a painting of a tree. It's the Worry Tree, and with the help of a duck called Delia and the other Worry Tree animals, Juliet might be able to solve some of life's big problems.	

<p>Happy Thoughts are Everywhere</p>	<p>Nicky Johnston</p>	<p>Join Brayden's journey as he goes in search of his happy thoughts - you'll never guess where he finds them.</p>	
<p>Go Away, Mr Worrythoughts!</p>	<p>Nicky Johnston</p>	<p>Brayden is an intelligent, confident and courageous boy. Yet, his worry thoughts can be quite unbearable. See how Brayden discovers his superpowers, takes control and is able to live free and happy.</p>	
<p>Mr Huff</p>	<p>Anna Walker</p>	<p>A gentle, poignant, affirming and wise picture book sure to delight all ages. Mr. Huff is a story about the clouds and the sunshine in each of our lives. Bill is having a bad day. Mr Huff is following him around and making everything seem difficult. Bill tries to get rid of him, but Mr Huff just gets bigger and bigger! Then they both stop, and a surprising thing happens . . .</p>	