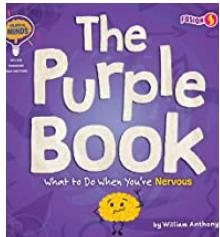


THE ANNE FREITAG LIBRARY

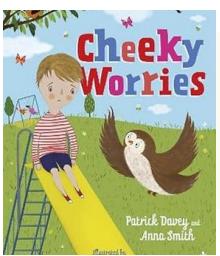
Recommended Reading

CHILDREN FEELING NERVOUS OR WORRIED



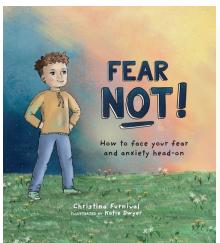
THE PURPLE BOOK: WHAT TO DO WHEN YOU'RE NERVOUS BY WILLIAM ANTHONY

Simple activities, tips, and tricks help young readers whose nervous purple shines brightest in the rainbows of their colorful minds.



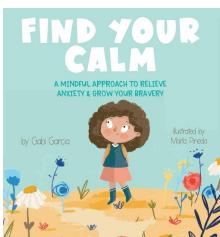
CHEEKY WORRIES: A STORY TO HELP CHILDREN TALK ABOUT AND MANAGE SCARY THOUGHTS AND EVERYDAY WORRIES BY PATRICK DAVEY AND ANNA SMITH

This book equips children and adults with a common language to discuss their emotional worlds and worries. It introduces psychological principles and evidence-based techniques that help children ages 4-8 develop resilience and deal with anxiety.



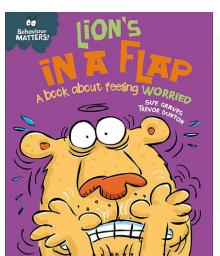
FEAR NOT!: HOW TO FACE YOUR FEAR AND ANXIETY HEAD-ON BY CHRISTINA FURNIVAL

Children will learn a practical three-step lesson to manage their worries, regain their cool, and strip fear of its power once and for all. This book equips them with the tools they need to deal with the inevitable stressors of life and feel confident no matter the challenge.



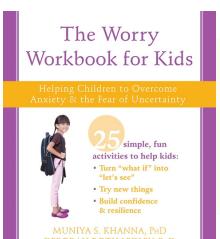
FIND YOUR CALM: A MINDFUL APPROACH TO RELIEVE ANXIETY & GROW YOUR BRAVERY BY GABI GARCIA

A wonderfully accessible book that teaches children how to tap into their sense of safety when anxiety sends a false alarm, so they can film their calm.



LION'S IN A FLAP: A BOOK ABOUT FEELING WORRIED BY SUE GRAVES

Lion is off on a school trip to Jungle Land - the most exciting theme park EVER! He should be thrilled, but he cannot stop worrying and it's ruining the trip for him. Can Miss Bird and his friends help him to relax and have fun?



THE WORRY WORKBOOK FOR KIDS : HELPING CHILDREN TO OVERCOME ANXIETY & THE FEAR OF UNCERTAINTY BY MUNIYA S. KHANNA & DEBORAH ROTH LEDLEY

Two respected psychologists offer simple, action-based activities grounded in cognitive behavioral therapy to help young readers ages 7-12 conquer their fear of uncertainty, set and accomplish goals, and bring fun and adventure back into their lives.

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