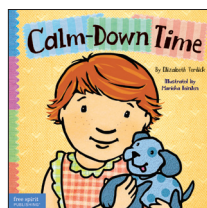


Stress, Anxiety, & Worry

Supportive books for coping with big feelings.



Reading List



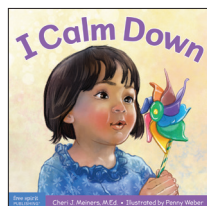
Calm-Down Time
by Elizabeth Verdick
Ages 1–3 · 24 Pages
ISBN: 9781575423166 · Board Book

This unique book gives toddlers support in coping with meltdowns.
View online: go.tcnpub.com/calm-down-time



Worries Are Not Forever
by Elizabeth Verdick
Ages 1–4 · 24 Pages
ISBN: 9781631983160 · Board Book

Give toddlers tools to ease anxieties and worries and feel better again.
View online: go.tcnpub.com/worries-not-forever



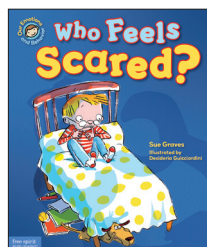
I Calm Down
by Cheri J. Meiners
Ages 2–4 · 24 Pages
ISBN: 9781631984556 · Board Book

A little girl works through strong feelings and learns how to calm down.
View online: go.tcnpub.com/i-calm-down



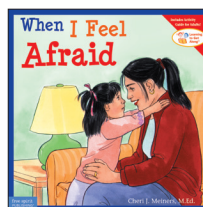
Worries Are Not Forever
by Elizabeth Verdick
Ages 4–7 · 40 Pages
ISBN: 9781631983146 · Paperback Book

Give young children strategies to ease anxieties and worries and feel better again.
View online: go.tcnpub.com/worries-not-forever-2



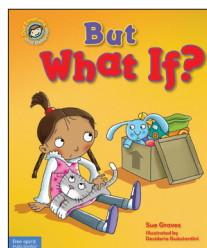
Who Feels Scared?
by Sue Graves
Ages 4–8 · 28 Pages
ISBN: 9781575423746 · Hardcover Book

This reassuring book shows children that they can cope with their fears and be brave.
View online: go.tcnpub.com/who-feels-scared



When I Feel Afraid
by Cheri J. Meiners
Ages 4–8 · 40 Pages
ISBN: 9781575421384 · Paperback Book

Help children understand their fears and teach them simple coping skills.
View online: go.tcnpub.com/when-i-feel-afraid



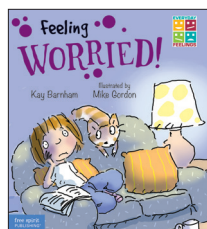
But What If?
by Sue Graves
Ages 4–8 · 28 Pages
ISBN: 9781575424446 · Hardcover Book

A book about feeling worried.
View online: go.tcnpub.com/but-what-if



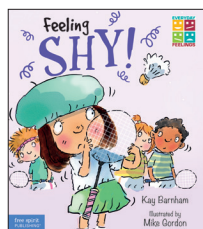
Sometimes When I'm Worried
by Deborah Serani
Ages 4–8 · 40 Pages
ISBN: 9781631987373 · Hardcover Book

Children learn practical strategies for coping with worry and anxiety.
View online: go.tcnpub.com/sometimes-when-i-worry



Feeling Worried!
by Kay Barnham
Ages 5–9 · 32 Pages
ISBN: 9781631982552 · Hardcover Book

Help young children understand and cope with worries.
View online: go.tcnpub.com/feeling-worried



Feeling Shy!
by Kay Barnham
Ages 5–9 · 32 Pages
ISBN: 9781631982569 · Hardcover Book

Help young children understand and cope with feeling shy.
View online: go.tcnpub.com/feeling-shy



Feeling Scared!
by Kay Barnham
Ages 5–9 · 32 Pages
ISBN: 9781631982545 · Hardcover Book

Help young children understand and cope with fear.
View online: go.tcnpub.com/feeling-scared



I Think I Think a Lot
by Jessica Whipple
Ages 5–10 · 36 Pages
ISBN: 9798885540087 · Hardcover Book

A young girl notices, and celebrates, her way of looking at and experiencing the world.
View online: go.tcnpub.com/i-think-a-lot

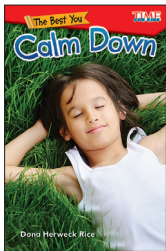
View all titles at www.tcnpub.com/families

Stress, Anxiety, & Worry

Supportive books for coping with big feelings.



Reading List



The Best You: Calm Down

by Dona Herweck Rice
Ages 5–10 · 24 Pages
ISBN: 9781425849597 · Paperback Book

Introduce kids to the concepts of emotions and anger with this nonfiction book.

View online: go.tcmpub.com/calm-down

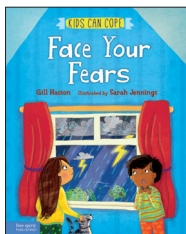


Put Your Worries Away

by Gill Hasson
Ages 6–9 · 32 Pages
ISBN: 9781631984310 · Hardcover Book

A gentle and supportive guide to help children cope with worry and anxiety.

View online: go.tcmpub.com/worries-away

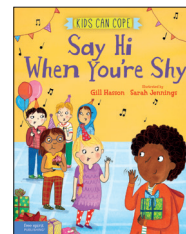


Face Your Fears

by Gill Hasson
Ages 6–9 · 32 Pages
ISBN: 9781631985294 · Hardcover Book

Gentle and reassuring advice to help children cope with their fears.

View online: go.tcmpub.com/face-your-fears

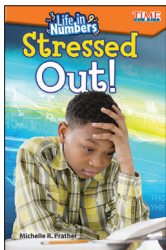


Say Hi When You're Shy

by Gill Hasson
Ages 6–9 · 32 Pages
ISBN: 9781631985690 · Hardcover Book

Supportive advice to help kids cope with shyness.

View online: go.tcmpub.com/your-shy

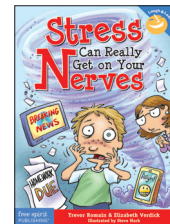


Life in Numbers: Stressed out!

by Michelle R. Prather
Ages 7–13 · 32 Pages
ISBN: 9781425849849 · Paperback Book

This nonfiction book introduces the topic of stress and how to cope with it.

View online: go.tcmpub.com/stressed-out

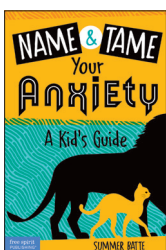


Stress Can Really Get on Your Nerves

by Trevor Romain and Elizabeth Verdick
Ages 8–13 · 104 Pages
ISBN: 9781631982453 · Paperback Book

Provides a humorous take on a nerve-wracking topic STRESS! Includes modern stressors such as technology and social media.

View online: go.tcmpub.com/stress

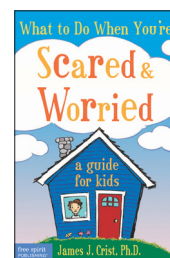


Name and Tame Your Anxiety

by Summer Batte
Ages 9–13 · 144 Pages
ISBN: 9781631986208 · Paperback Book

Help kids understand and manage anxiety to boost their mental health and well-being.

View online: go.tcmpub.com/name-tame

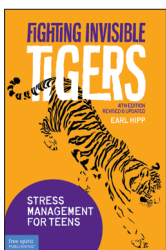


What to Do When You're Scared & Worried

by James J. Crist
Ages 9–13 · 128 Pages
ISBN: 9781575421537 · Paperback Book

A book kids can turn to when they need advice, reassurance, and ideas for overcoming fear and anxiety.

View online: go.tcmpub.com/scared-worried

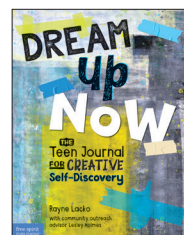


Fighting Invisible Tigers

by Earl Hipp
Ages 11+ · 144 Pages
ISBN: 9781631984358 · Paperback Book

Offers teens straightforward advice on stress management, anxiety reduction, and digital well-being.

View online: go.tcmpub.com/invisible-tigers



Dream Up Now

by Rayne Lacko
Ages 13+ · 176 Pages
ISBN: 9781631985492 · Paperback Book

This guided journal for creative self-expression allows teens to explore emotions, create art, and envision life's possibilities.

View online: go.tcmpub.com/dream-up-now

View all titles at www.tcmpub.com/families