

Rochdale Additional Needs Service (RANS)

Team for Autism and Social Communication (TASC)

Book list - Books for children to support anxiety

The Huge Bag of Worries by Virginia Ironside

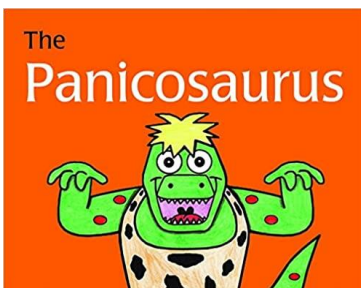


A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.

The perfect book to soothe worries during stressful times.

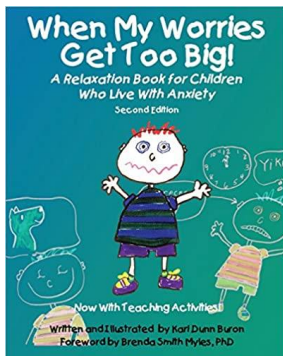
Wherever Jenny goes, her worries follow her - in a big blue bag. They are with her all the time - at school, at home, when she is watching TV and even in the bathroom! Jenny decides they have to go, but who will help her get rid of them?

The Panicosaurus by K.I Al Ghani



Sometimes the Panicosaurus tricks Mabel's brain into panicking about certain challenges, such as walking past a big dog on the street or when her favourite teacher is not at school. With the help of Smartosaurus, who lets her know there is really nothing to be afraid of, Mabel discovers different ways to manage Panicosaurus, and defeat the challenges he creates for her. This fun, easy-to-read and fully illustrated storybook will inspire children who experience anxiety, and encourage them to banish their own Panicosauruses with help from Mabel's strategies. Parents and carers will like the helpful introduction, explaining anxiety in children, and the list of techniques for lessening anxiety at the end of the book.

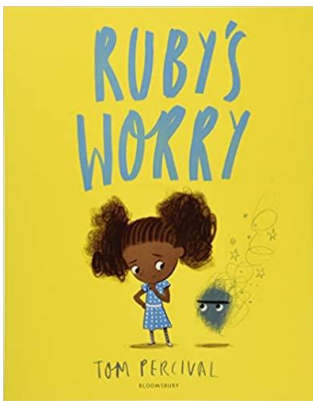
When My Worries Get Too Big



Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies.

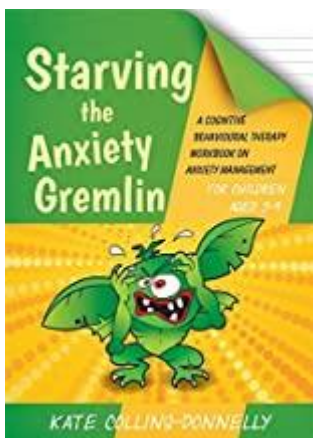
This book has direct links with the 5 Point Scale Approach. Children are encouraged to fill in different sections of the book identifying their own triggers and calming strategies.

Ruby's Worries by Tim Percival

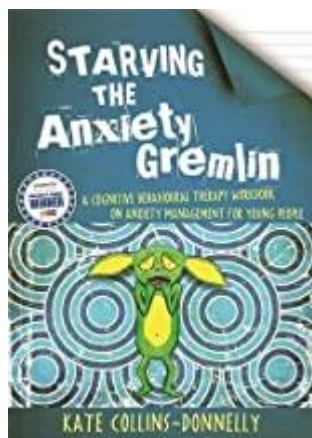


Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. How can Ruby get rid of it and feel like herself again?

Starving the Anxiety Gremlin by Kate Collins-Donnelly



Age 5-9



Older pupils

The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder.

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