

Talking to Kids about Stress (Webinar Series- Part 1)

Instructor: Rebecca Wenrich Wheeler, LCMHCA, CPS

Recommended Books & Resources

Pre-read texts before using in lessons or providing to youth to match developmental stage.

For children:

Ahn's Anger by Gail Silver

The Kissing Hand by Audrey Penn

Wimberly Worried by Kevin Henkes

After the Fall by Dan Santat

The Most Magnificent Thing by Ashley Spires

What do you do with a Problem? by Kobi Yamada

Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) by Eline Snel

Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Deal with Anxiety, Stress, and Anger (workbook edition) by Janine Halloran (applicable to pre-teens too)

For pre-teens:

Guts (graphic novel) by Reina Telemeiger

Finding Perfect (novel) by Elly Swartz

The Goldfish Boy (novel) by Lisa Thompson

Alvin Ho: Allergic to Girls, School, and other Scary Things (novel) by Lenore Look

Umbrella Summer (novel) by Lisa Graff

Stanley Will Probably Be Fine (novel) by Sally J. Pla

The Feelings Book: The Care and Keeping of Your Emotions by: Dr. Linda Madison and Josee Masse

All Birds Have Anxiety by: Kathy Hoopman

For teens:

Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, and Phobias by Tabatha Chansard

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

Anxiety Sucks by Natasha Daniels

A Quiet Kind of Thunder (novel) by Sara Barnard

The Rest of Us Just Live Here (novel) by Patrick Ness

Tiffany Sly Lives Here (novel) by Dana L. Davis

Turtles All the Way Down (novel) by John Green

Starfish (novel) by Akemi Dawn Bowman