



RESOURCES

Books:

"What To Do When You Worry Too Much" By Dawn Huebner

"Don't Feed the Worry Bug" By Andi Green

"A Little Spot of Anxiety" By Diane Alber

"Worry Says What?" By Allison Edwards

"Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle" By Reid Wilson

"Why Smart Kids Worry" By Allison Edwards

"Anxiety Relief for Kids" By Bridget Flynn

Apps/Games:

No WARies Game

Remote Control Worry Control Game

DreamyKid App

Positive Penguin App

Breathing Bubbles App