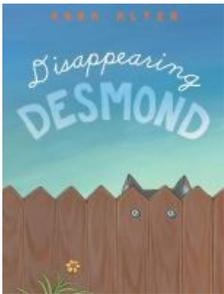
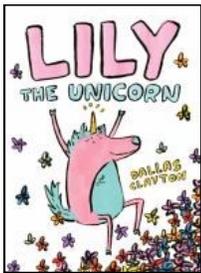


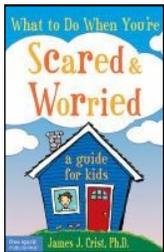
Worry and Anxiety



Alter, A. Disappearing Desmond. Desmond the cat blends in with his surroundings. In fact, his entire family fades into the background in their portrait. Everything changes when Gloria, a rabbit, arrives at school. Not only does she take every possible chance to get noticed herself, but she also notices Desmond no matter where he hides. To his surprise, he likes interacting with others. He even coaxes someone else from his hiding place to join the playground fun. jP Alter



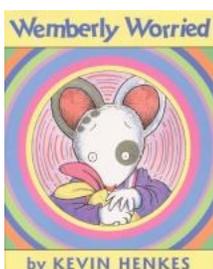
Clayton, D. Lily the Unicorn. Lily the unicorn loves making new friends and going on adventures! So when Lily meets her new pal, Roger the penguin, she plans all sorts of fun for them. But Roger is afraid of trying new things. What if he tries and fails? In this sweet story Lily teaches young readers that the world is a fun, amazing place. jP Clayton



Crist, J. What to Do When You're Scared & Worried: a Guide for Kids. From a dread of spiders to panic attacks, kids have worries and fears, just like adults. This is a book kids can turn to when they need advice, reassurance, and ideas. They'll find out where fears and worries come from, practice Fear Chasers and Worry Erasers, and learn to seek help for hard-to-handle fears they can't manage on their own. j 152.4 Crist



Gravett, E. Little Mouse's Big Book of Fears. Spiders: Little Mouse is afraid of them (arachnophobia). Shadows: Little Mouse is afraid of those too (sciaphobia). In fact, Little Mouse is afraid of everything. Wittily assuming the format of a scrapbook or diary that is filled in by Little Mouse, this book exhorts, "You too can overcome your fears through the use of art!". A virtually encyclopedic list of fears follows, each on its own page, with plenty of space allotted for Little Mouse's response. Join her as she faces her fears and discovers that even the biggest people are afraid of some things. j GN Gravett

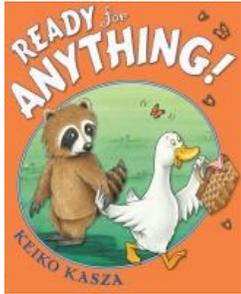


Henkes, K. Wemberly Worried. Wemberly, a shy white mouse with gray spots, always feels nervous whether at home or away. "At the playground, Wemberly worried about/ the chains on the swings,/ and the bolts on the slide,/ and the bars on the jungle gym." She tells her father, "Too rusty. Too loose. Too high," while sitting on a park bench watching the other mice play. Wemberly's anxieties peak at the start of nursery school. but then she meets Jewel, who turns out to be a kindred spirit. Henkes offers no pat solutions,

Worry and Anxiety

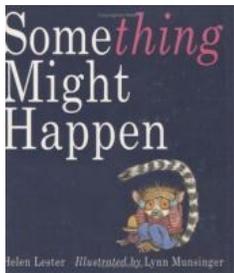
handling the material with uncanny empathy and gentleness; while playing with Jewel, "Wemberly worried. But no more than usual. And sometimes even less." This winning heroine speaks to the worrywart in everyone.

jP Henkes

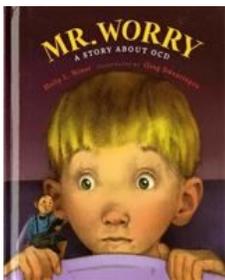


Kasza, K. Ready for Anything. At first, Raccoon thought a picnic with his friend Duck sounded like fun, but he's having second thoughts. After all, picnics can be very dangerous. They might get attacked by bees, or fall into the river, or even run into a giant, fire-breathing dragon who lives in a cave! Yes, a picnic is a very bad idea indeed. Luckily, Duck knows that even though you can't plan for the unexpected, there's no reason to be afraid of it, because some surprises in life can be wonderful. A warm, funny tale for little worriers.

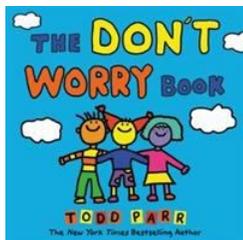
jP Kasza



Lester, H. Something Might Happen. Twitchly Fidget won't shampoo, eat his cereal, or put on his sneakers. In Twitchly's imagination, each opportunity poses the threat of disaster. So he just sits alone in his dreary, windowless, doorless hut and waits for his fears to be realized. Then one day something does happen: Twitchly's Aunt Bridget Fidget drops in for a visit, and she can see right away that Twitchly needs a fixin'. But will she be able to persuade Twitchly to confront his fears? jP Lester



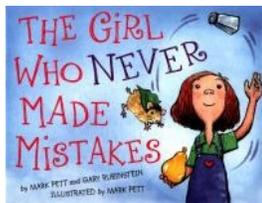
Niner, H. Mr. Worry: A Story About OCD. Kevin can't get to sleep at night until he does many things. He checks under his bed for a light he knows isn't there, and then, a minute later, he checks again. Kevin wants to stop, but the worry thoughts keep coming. Then a counselor diagnoses obsessive-compulsive disorder (OCD) and teaches him ways to manage this condition. Includes a note for parents and teachers explaining OCD. j 616.85 Niner



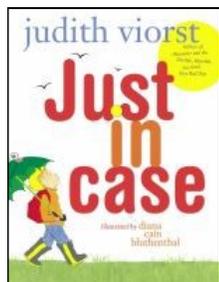
Parr, T. The don't worry book. In his new book about things that might make kids worry--from loud news, to loud neighbors, or a big day at school--bestselling and beloved author Parr reassures kids who are feeling the weight of their world, offering solutions and comfort, as well as giggles.

jP Parr

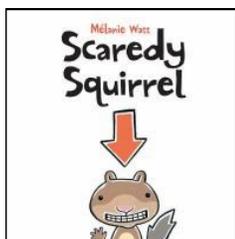
Worry and Anxiety



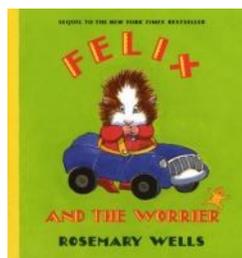
Pett, M. The Girl Who Never Made Mistakes. Beatrice Bottomwell has NEVER (not once!) made a mistake. She never forgets her math homework, she never wears mismatched socks, and she ALWAYS wins the yearly talent show at school. In fact, the entire town calls her The Girl Who Never Makes Mistakes! One day, the inevitable happens: Beatrice makes a huge mistake in front of everyone! In the end, readers (and Beatrice) will learn that being perfect is overrated. jP Pett



Viorst, J. Just in Case. Charlie is a boy who is always ready for anything...just in case. What if it's raining very hard — so hard that rain could come into the house and make the furniture float? Charlie has a plan to keep himself dry...just in case. Charlie likes to be ready for anything. But as Charlie is about to find out, sometimes not being ready is even better. jP Viorst



Watt, M. Scaredy Squirrel. Scaredy Squirrel never leaves his nut tree. It's way too dangerous out there. He could encounter tarantulas, green Martians or killer bees. But in his tree, every day is the same and if danger comes along, he's well-prepared. Scaredy Squirrel's emergency kit includes antibacterial soap, Band-Aids and a parachute. Day after day he watches and waits, and waits and watches, until one day his worst nightmare comes true!. But as Scaredy Squirrel leaps into the unknown, he discovers something he's a flying squirrel! Will Scaredy's life be changed forever now that new vistas have opened up to him? Well, sort of. jP Watts



Wells, R. Felix and the Worrier. Every night, Felix has a visitor. It's the Worrier, who comes to remind Felix about the little black spot on his tooth, the possibility of getting birthday presents he doesn't like, and other troublesome things. "You worry too much, my little firefly," says Felix's mama. But Felix can't stop fretting. How can he find a way to make the Worrier go away for good? jP Wells

Compiled by the Rochester Public Library Children's Room.

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