



Scan to Explore
These Books and
Resources Online!



Books and Workbooks for Parents & Children

CBT Books/Workbooks to Do With Parents (Ages 6-12)

***What to Do When You
Grumble Too Much***

Dawn Huebner

***What to Do When You
Worry Too Much***

Dawn Huebner

***What to Do When Your
Temper Flares***

Dawn Huebner

The Huge Bag of Worries

Virginia Ironside

Children's Books (Pre-K to Grade 5)

***What Should Danny
Do? series***

Adir Levy

My Mouth is a Volcano

Julia Cook

The Worry Woos Books

Adir Levy

Meditation is an Open Sky

Whitney Stewart
(meditation and mindfulness)

***How Full is Your
Bucket? (For Kids)***

Tom Rath & Mary Reckmeyer

***I Don't Like the Sound
of No***

Julia Cook

Breathe Like a Bear

Kira Willey
(mindfulness book)

The Entire Dragon Series

Steve Herman

Monster Meditation

Sesame Street
(books and YouTube videos)

Today I am a Monster

Agnes Green

Sitting Still like a Frog

Eline Snel
(mindfulness) book)

Ninja Life Hacks

(the entire series)
Mary Nhin

Free Spirit Publishing Books

(social emotional wellness
and behavior topics)

Books for Children/Adolescents

***When My Worries Get
Too Big! A Relaxation
Book for Children Who
Live With Anxiety***

Kari Dunn Buron

***Wilma Jean the
Worry Machine***

Julia Cook

***Outsmarting Worry:
An Older Kids' Guide
to managing Anxiety***

Dawn Huebner

Wemberley Worried

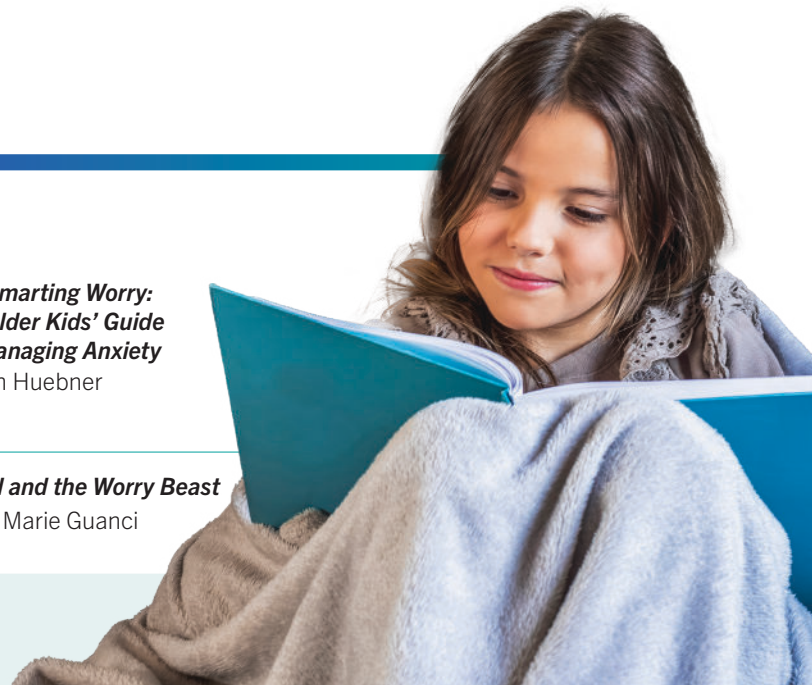
Kevin Henkes

Hey Warrior!

Karen Young

David and the Worry Beast

Anne Marie Guanci



Teen Books

Mindfulness for Teen Anger:
A Workbook to Overcome Anger and Aggression Using MBSR and DBT Skills

Mark C. Purcell MEd PsyD,
Jason R Murphy MA

The Anger Workbook for Teens: Activities to Help You Deal with Anger and Frustration

Raychelle Cassada Lohmann
MS LPC, Julia V. Taylor MA

I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger

Anna Greenwald, Zack Pelta-Heller, Lawrence Shapiro PhD

Anxiety Sucks! A Teen Survival Guide

Natasha Daniels

Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (*Instant Help Book for Teens*)

Sheri Van Dijk MSW

Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life (*Teen Instant Help*)

Joseph Ciarrochi, Louise Hayes, Ann Bailey

The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress

Gina Biegel MA LMFT

The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals

Lisa M. Schab LCSW

Stopping the Pain: A Workbook for Teens Who Cut and Self Injure

Lawrence Shapiro
PhD (Paperback)

The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Paperback

Jamie A. Micco PhD

The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

Lisa M. Schab LCSW

The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence

Jennifer Shannon LMFT, Doug Shannon, Christine Padesk

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (*Teen Instant Help*)

Christopher Willard PsyD

Beyond the Blues: A Workbook to Help Teens Overcome Depression (*Teen Instant Help*)

Lisa M. Schab LCSW

Taking Action: A Workbook for Overcoming Depression

Kevin Stark, Philip C. Kendall, Mary McCarthy

The Bipolar Workbook for Teens: DBT Skills to Help You Control Mood Swings

Sheri Van Dijk, Karma Guindon

Books for Parents

Worried No More: Help and Hope for Anxious Children

Aureen P. Wagner

Treating Childhood and Adolescent Anxiety: A Guide for Caregivers

Eli Lebowitz & Haim Omer

Freeing Your Child from Anxiety

Tamar E. Chansky, PhD

CBT Toolbox for Children and Adolescents

Lisa Phifer

Helping your anxious child: A step by step guide for parents

Ronald Rapee & Ann Wignall



Books for Parents (Continued)

Cognitive-Behavioral Therapy for Anxious Children: Therapist Manual, 3rd Edition

Philip C. Kendall,
Kristina A. Hedtke

"The C.A.T. Project" Manual For The Cognitive Behavioral Treatment Of Anxious Adolescents

Philip C. Kendall, Muniya Choudhury, Jennifer Hudson

"The C.A.T. Project" Workbook For The Cognitive Behavioral Treatment Of Anxious Adolescents

Philip C. Kendall, Muniya Choudhury, Alicia Webb, Hudson Jennifer

Kids, Parents and Power Struggles (book on discipline)

Mary Sheedy Kurcinka

Coping Cat Workbook, Second Edition
(Child Therapy Workbooks Series) 2nd Edition

Philip C. Kendall (Author),
Kristina A. Hedtke (Author)

The Coping Cat Parent Companion
Spiral-bound – April 6, 2010

Philip C. Kendall (Author),
Ph.D. (Author), ABPP (Author), Jennifer L. Podell (Author), M.A. (Author), and Elizabeth A. Gosch (Author)

Treating Depressed Children: Therapist Manual for 'Taking Action'

Kevin Stark, Philip C. Kendall

How to Talk So Kids Will Listen & Listen So Kids Will Talk

Adele Faber, Elaine Mazlish

The Explosive Child

Dr. Ross Greene

No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behavior

Jed Baker

What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy (What-to-Do Guides for Kids)

Jacqueline B. Toner

What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More (What to Do Guides for Kids)

Dawn Huebner

Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two

Isolina Ricci Ph.D.

Anxiety-Free Kids: An interactive Guide for Parents and Children

Bonnie Zucker

Other Parent Resources:

- ✓ **Helping Executive Functioning in all Ages** – Harvard Developing Child
- ✓ **A Guide to Executive Function** – Harvard Developing Child
- ✓ **Flusterclux with Lynn Lyons: For Parents Who Worry** (Podcast addressing childhood anxiety)
- ✓ **Mt. Sinai Parenting Center** – Developmental videos and tips/tricks for parenting
- ✓ **Good Inside Podcast** – Dr. Becky Kennedy (psychologist)
- ✓ **Worry Wise Kids** – Offers resources for parents, educators, and professionals on understanding and managing childhood anxiety, including CBT-based strategies
- ✓ **SPACE** – Parent-Based Treatment Program for Childhood Anxiety
- ✓ **YouTube videos** – ex. Elmo series

Tools, Apps, and Activities

Glitter Jars

STAR Breathing Charts and Other Coping Tools

Coping Free Printables

Safe Breathing Icons – Free Printables

Anxiety & Insecurity – Free Printables/Worksheets

Mindfulness Apps and Activities

Top Meditation iPhone & Android Apps

Mindfulness Activities for Children Kids

Resources for Teaching Mindfulness to Children