

### **See inside your head / Alex Frith and Colin King**

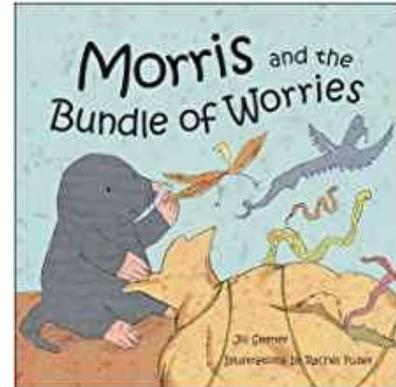
From the simple science of synapses to more complex brain functions such as how memories are stored and the meaning of dreams, this book covers the essential part that the brain plays in our every action and thought.

*Hardback 16 pages*

### **Morris and the bundle of worries / Jill Seeney / illustrations by Rachel Fuller**

Morris the mole finds out that talking about his problems, and facing his worries with the aid of others, is more helpful than hiding his fears.

*Paperback 22 pages*



### **The huge bag of worries / by Virginia Ironside / illustrations by Frank Rodgers**

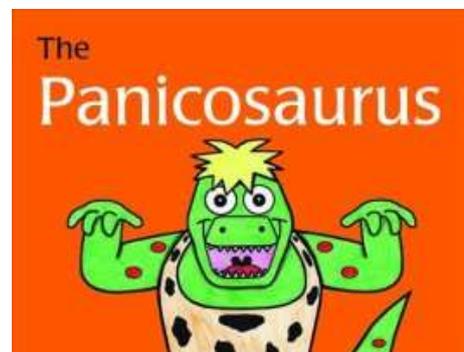
Wherever Jenny goes her worries follow her - in a big blue bag! They are there when she is watching television, even when she goes swimming. Jenny decides they will have to go. But who can she get to help her?

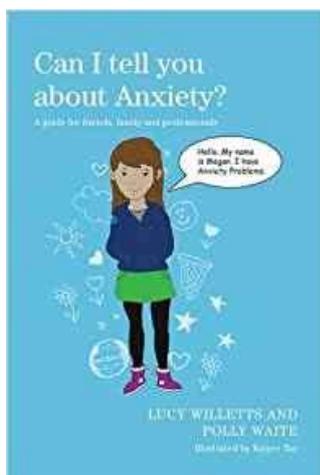
*Paperback 32 pages*

### **The panicosaurus: managing anxiety in children including those with Asperger Syndrome / K.I. Al-Ghani / illustrated by Haitham Al-Ghani**

Written by a special educational needs teacher, autism trainer and mother of a son on the autism spectrum, this title is full of successfully tried and tested anxiety management strategies.

*Hardback 48 pages*





**Can I tell you about anxiety?: a guide for friends, family and professionals / Lucy Willetts and Polly Waite / illustrated by Kaiyee Tay**

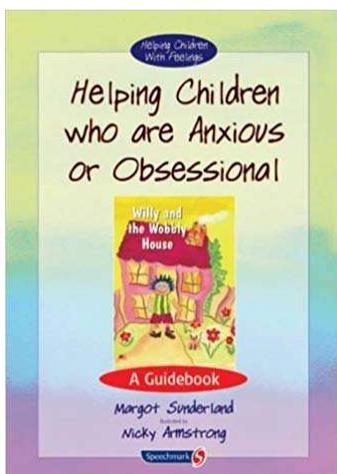
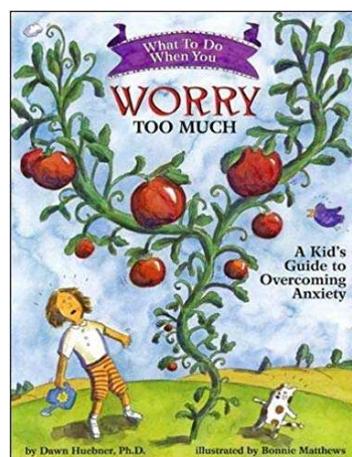
Meet Megan - a young girl who has an anxiety disorder. Megan invites readers to learn about anxiety from her perspective, helping them to understand why she sometimes feels anxious and how this affects her thoughts, feelings and behaviours.

*Paperback 56 pages*

**What to do when you worry too much: a kid's guide to overcoming anxiety / Dawn Huebner / illustrated by Bonnie Matthews**

An interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalised anxiety.

*Paperback 80 pages*



**Helping children who are anxious or obsessional: a guidebook / Margot Sunderland**

This is a guidebook to help children who:

- are insecure or worry too much
- suffer from phobias or nightmares and find it difficult to concentrate, let go and have fun
- have suffered a trauma
- are worryingly good or seem like little adults, using order and routine as a way of coping with 'messy'

feelings or retreating into dullness as a way of managing their being in the world

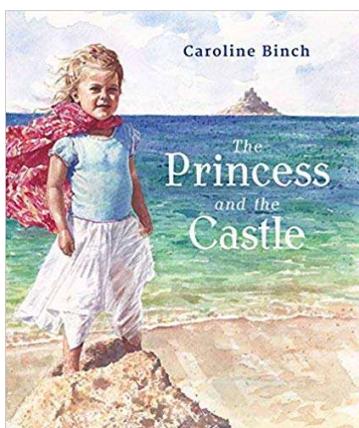
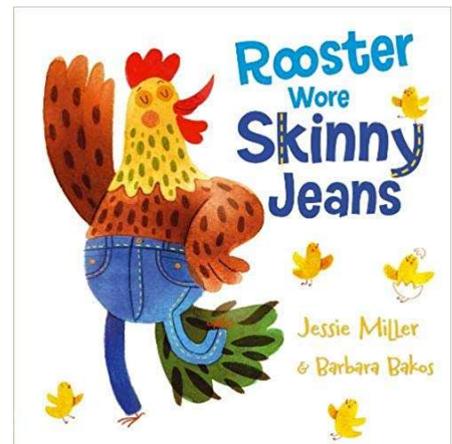
- develop obsessive-compulsive behaviour in order to ward off their too-powerful feelings.

*Paperback 72 pages*

**Rooster wore skinny jeans / written by Jessie Miller / illustrated by Barbara Bakos**

When Rooster orders a pair of new skinny jeans, he's certain the other farm animals at Rosemary Farm will love them. Instead, they find them rather silly! Hiding away in the barn, Rooster realises that it doesn't matter what the others think - he loves his new jeans!

*Paperback 32 pages*



**The princess and the castle / Caroline Binch**

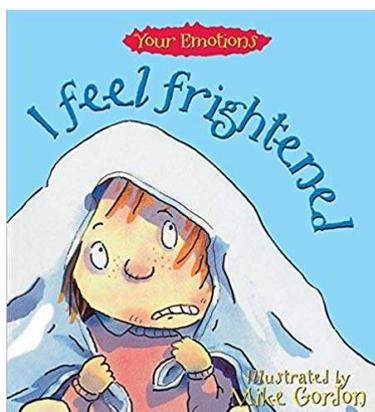
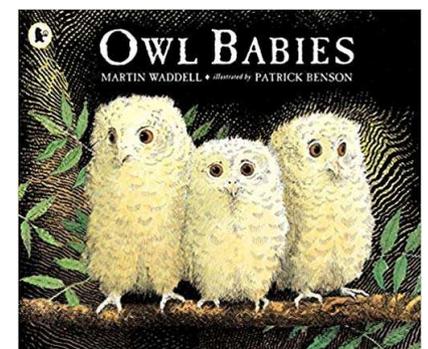
Genevieve lives with her mum and her brother Jack in a little stone harbour side house, but ever since the day that her daddy's fishing boat got lost at sea, she has stayed well away from the shore. Will Genevieve be able to overcome her fear and visit the castle she has long dreamed of?

*Paperback 32 pages*

**Owl babies / written by Martin Waddell / illustrated by Patrick Benson**

On a tree in the woods, three baby owls, Sarah and Percy and Bill, sit and think and wait for their Owl Mother to come home.

*Paperback 32 pages*



**I feel frightened / written by Brian Moses / illustrated by Mike Gordon**

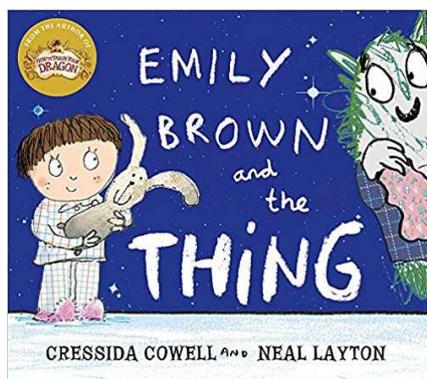
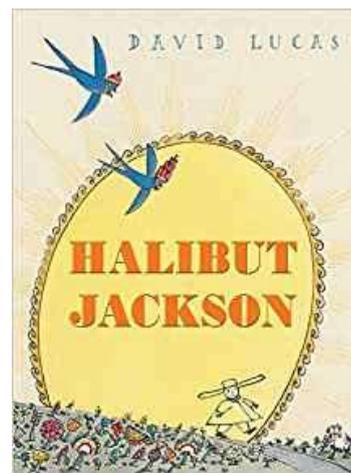
This title explores the day-to-day situations that young children experience which make them frightened. It looks at ways of resolving these feelings.

*Paperback 32 pages*

### **Halibut Jackson / by David Lucas**

Halibut Jackson is a very shy person and he prefers not to be noticed at all so he makes himself clothing to match his surroundings. When he is invited to a party at the palace he makes a suit of silver and gold covered in jewels to match the palace, but it turns out to be a garden party!

*Paperback 32 pages*



### **Emily Brown and the Thing / written by Cressida Cowell / illustrated by Neal Layton**

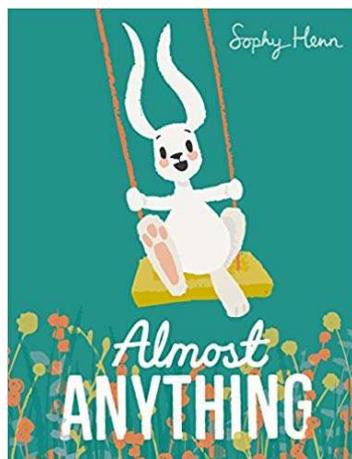
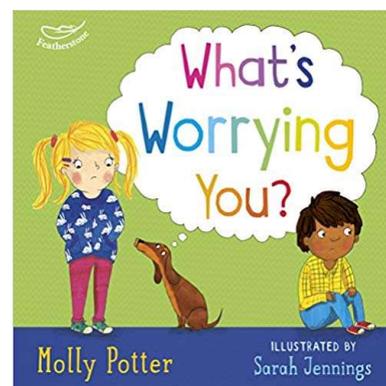
Emily Brown and her old grey rabbit, Stanley, are trying to sleep. But a noise is keeping them awake. When they find the Thing crying on the windowsill, intrepid explorers, Emily and Stanley, set out to bring him everything he wants.

*Paperback 32 pages*

### **What's worrying you? / Molly Potter / illustrations from Sarah Jennings**

How are you feeling today? We all have worries now and then, but sometimes worries can feel like they're getting bigger and bigger, like you can't control them any more. What do you do then?

*Hardback 32 pages*



### **Almost anything / Sophy Henn**

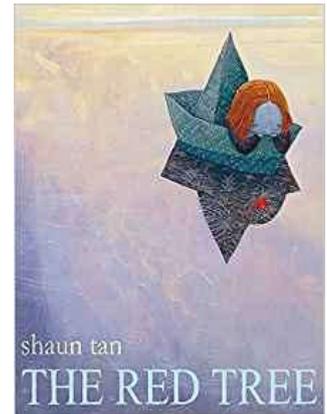
George can't roller-skate, George can't paint, and George most certainly can't dance. But Bear thinks that, with a little help, George can do all these things - and more. And, luckily for George, Bear has just a little magic to help.

*Paperback 32 pages*

### **The red tree / Shaun Tan**

A small child awakes to find blackened leaves falling from her bedroom ceiling. As she wanders around a world that is complex, puzzling and alienating, she is overtaken by a myriad of feelings. Just as it seems all hope is lost, the girl returns to her bedroom to find that a tiny red seedling has filled the room with warm light.

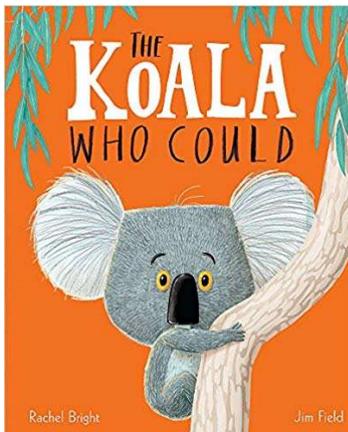
*Paperback 32 pages*



### **The koala who could / Rachel Bright, Jim Field**

Sometimes change comes along whether we like it or not - but if you let it, change can be the making of you.

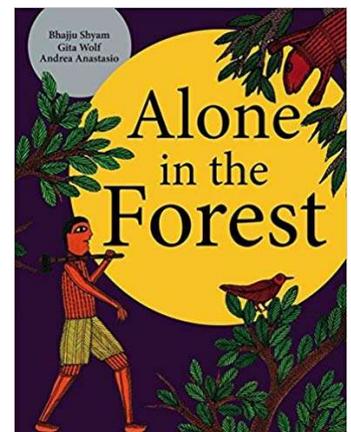
*Paperback 32 pages*



### **Alone in the forest / Gita Wolf, Andrea Anastasio & Bhajju Shyam**

One day, Musa sets off by himself to collect wood from the forest. Suddenly, he hears a deafening noise and is overwhelmed with terror. This is the story of how Musa slowly overcomes what he is afraid of.

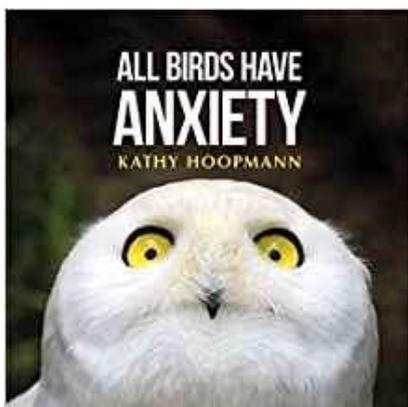
*Hardback 40 pages*



### **All birds have anxiety / Kathy Hoopmann**

'All Birds Have Anxiety' explores the symptoms of anxiety disorder and their impact on day-to-day life through colourful images of life as a bird. Its humorous yet gentle approach recognises the stress that anxiety can cause, helping people to better understand how it feels to have anxiety.

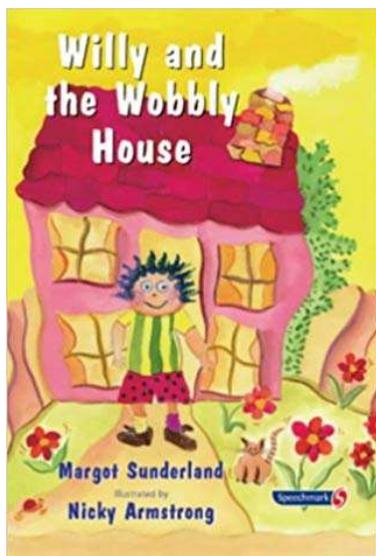
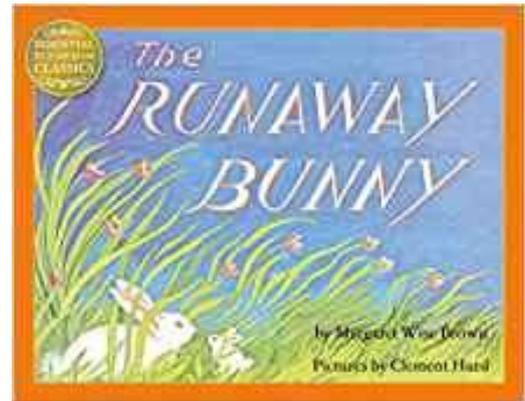
*Hardback 72 pages*



**The runaway bunny / by Margaret Wise Brown / pictures by Clement Hurd**

Full of beautiful images and reassuring words as a mother bunny tells her baby bunny how much she loves him. First published in 1942, this has become a classic.

*Paperback 32 pages*



**Willy and the wobbly house / Margot Sunderland**

Willy is an anxious boy who experiences the world as a very unsafe, wobbly place where anything awful might happen at any time. Joe, the boy next door, is too ordered and tidy to be able to ever really enjoy life. Follow their adventures with the Puddle People who help them break out of their fixed patterns and find far richer ways of living in the world.

*Paperback 28 pages*