

Anxiety

Articles

[How to Help A Child Struggling with Anxiety](#)
[Resilience for Anxious Students](#)
[Treating Anxiety in Children](#)
[Understanding Anxiety in Children and Teens](#)

Apps

[15 Mindfulness & Relaxation Apps for Kids With Anxiety](#)

Books

[Freeing Your Child From Anxiety](#)
[Helping Your Anxious Child](#)

Children's Books

- [A Boy and a Bear: The Children's Relaxation Book](#)
- [Bubble Riding: A Relaxation Story designed to teach children visualization techniques to increase creativity while lowering stress and anxiety levels](#)
- [Breath Like a Bear: 30 Mindful Moment for Kids to Feel Calm and Focused Anytime. Anywhere](#)
- [David and the Worry Beast: Helping Children Cope with Anxiety](#)
- [Don't Be Afraid to Drop](#)
- [Don't Feed the Worry Bug](#)
- [Hey Warrior](#)
- [Is a Worry Worrying You?](#)
- [Mindfulness for Kids Who Worry: Calming Exercises to Overcome Anxiety](#)
- [Please Explain "Anxiety" to Me](#)
- [Regina's Big Mistake](#)
- [Sea Otter Cove: Introducing relaxation breathing to lower anxiety. decrease stress and control anger while promoting peaceful sleep](#)
- [The Worry Brain](#)
- [Wilma Jean the Worry Machine](#)
- [What to do When You're Scared and Worried A Guide for Kids](#)
- [What to do When You Worry Too Much](#)
- [When My Worries Get Too Big](#)
- [Winter Woes](#)
- [You've Got Dragons](#)

Lesson

[Coping With Worry or Fear Chatters](#)

Organizations

[Children's Anxiety Institute](#)

Poster

[8 Ways a Child's Anxiety Shows Up As Something Else](#)

Screeners

Parent Screener - [SCARED \(The Screen for Child Anxiety Related Disorder\)](#)

Techniques

[5.4.3.2.1 Grounding](#)

Videos

[Flight, Fight, Freeze - A Guide to Anxiety for Kids](#)

[Progressive Muscle Relaxation Video for Kids](#)

[Sesame Street: Zach Braff & Telly Are Anxious](#)

Websites

[Hey Sigmund](#)

[Stress Free Kids](#)

Workbook

[The Worry Wars: An Anxiety Workbooks for Kids and Their Helpful Adults](#)

[What to do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety](#)

[When My Worries Get Too Big!](#)