

## Resources for Dealing with Anxiety in Children

### **Books**

[\*A Little Spot of Anxiety\* by Diane Alber](#)

[\*Big Feelings Days: A Book about Hard Things, Heavy Emotions, and Jesus' Love\* by Aubrey Sampson](#)

[\*Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry & Anxiety \(a workbook for 8-11 year old girls\)\* by Sissy Goff and Alena Pitts](#)

[\*Give God Your Worries\* by Sally Michael](#)

[\*Good News for Little Heart\* series from New Growth Press](#)

- *Tori Comes Out of Her Shell* - when you are lonely
- *Zoe's Hiding Place* - when you are anxious
- *Halle Takes a Stand* - when you want to fit in
- *Sadie Finds her Voice* - when you are shy

[\*It Will Be Okay: Trusting God Through Fear and Change \(Little Seed & Little Fox\)\* by Lysa TerKeurst](#)

[\*Raising Emotionally Strong Boys\* by David Thomas](#)

[\*Raising Worry-Free Girls\* by Sissy Goff](#)

[\*Something Scary Happened\* by Darby Strickland](#)

[\*There's an Elephant on My Chest\* by Caris Snyder and Ana Sebastian](#)

[\*You Can Rest\* by Katy Boatman](#)

[\*What Every Child Should Know about Prayer\* by Nancy Guthrie](#)

### **Music**

[\*Slugs & Bugs & Lullabies\* by Andrew Peterson and Randall Goodgame](#)

[\*Be Held - Lullabies for the Beloved\* by Christy Nockels](#)

[\*Hide 'Em in Your Heart\* by Steve Green](#)