



List of anxiety management & emotional wellbeing resources

Anxiety Management

- The Homunculi Approach to Social and Emotional Wellbeing: A Flexible Cognitive Behavioural Therapy (CBT) Programme for Young People on the Autism Spectrum or with Emotional and Behavioural Difficulties by Anne Greig
- Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People By Kate Collins-Donnelly
- Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People by Paul Stallard
- Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults by Paul Stallard
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety By Dawn Heubner
- Promoting Emotional Resilience [KAN-Emotional-resilience-toolkit.pdf \(hbtg.org.uk\)](https://www.hbtg.org.uk/KAN-Emotional-resilience-toolkit.pdf)
- Information about Anxiety Young Minds
https://youngminds.org.uk/findhelp/conditions/anxiety/?gclid=EAIaIQobChMI0NyXycXX1wIV7LDtCh0sBQ5pEAMYAyAAEgKEWfD_BwE
- Mighty Moe by Lacey Woloshyn
<http://www.cw.bc.ca/library/pdf/pamphlets/Mighty%20Moe1.pdf>
- Worksheets for anxiety – Anxiety BC <https://www.anxietybc.com/parenting/worksheets>
- Anxiety self help guide – Mood Juice
https://www.mcgill.ca/counselling/files/counselling/anxiety_moodjuice_self_help_guide.pdf
- Cognitive Behavioural Therapy Skills Training Workbook – Hertfordshire Partnership NHS
<http://inabook.co.za/wp-content/uploads/2016/08/CBT-workbook-good-to-use.pdf>
- Anxiety by Paul Stallard -Examples of activities <http://tandfbis.s3.amazonaws.com/rt-media/pp/resources/CBTCHILD/worksheets.pdf>
- Understanding anxiety and panic attacks Mind
https://www.mind.org.uk/media/1892482/mind_anxiety_panic_web.pdf



- The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people. <https://www.mentalhealth.org.uk/publications/anxious-child>
- Christine Wildon and Gill Hasson’s book “The CBT Good Habit Journal: A mindful journal for replacing anxiety and stress with clarity and calm”

General Emotional Wellbeing, literacy & Mental Health Literature

- [School is not my enemy \(English\) on Vimeo](#)
- [School Wellbeing Cards by Dr Jerricah Holder](#)
- [The College Wellbeing Cards by Dr Jerricah Holder](#)
- [The School Wellbeing Cards - Special School Edition by Dr Jerricah Holder](#)
- [Walk in My Shoes - The Donaldson Trust \(donaldsons.org.uk\)](#)
- Character Toolkit Strength Cards, By Elizabeth Wright and Frederika Roberts
- Managing Your Mind: The Mental Fitness Guide By Gillian Butler and Tony Hope (for older young people)
- Get Out of Your Mind and Into Your Life for Teens By Joseph V. Ciarrochi , Louise Hayes and Ann Bailey.
- MindsetWorks | Growth Mindset | Growth Mindset Programs is a useful website with further information on how to build emotional resilience using the concept of growth mindset. The book Mindset: Changing the way you think to fulfil your potential is also a useful read for adults using this approach.
- Cues Ed – Helping children keep his brains amazing (www.cues-ed.co.uk). This is a CBT based approach.
- What’s up [APPS | CAMHS Resources \(camhs-resources.co.uk\)](#)
- Moodkit [APPS | CAMHS Resources \(camhs-resources.co.uk\)](#)
- [The Feelings Detective \(feelingsdetectives.com\)](#). A CBT intervention for people with complex needs.
- [Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD, or Sensory Disorders: Amazon.co.uk: Garland, Teresa: 9781936128778: Books](#)



- Dr. Karen Treisman's 'Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards'
- [Resources for Emotional Literacy Support Assistants - ELSA Support \(elsa-support.co.uk\)](http://elsa-support.co.uk)
- [moodgym - Interactive skills training for depression and anxiety](#) (16+)
- Stuff That Sucks: Accepting what you can't change and committing to what you can By Ben Sedley
- Promoting Emotional Resilience – Toolkit <http://hbtg.org.uk/wp-content/uploads/2015/06/KAN-Emotional-resilience-toolkit.pdf>
- The Thriving Adolescent: Using Acceptance and Commitment Therapy and Positive Psychology to Help Teens Manage Emotions, Achieve Goals, and Build Connection By Louise Hayes
- Feeling Good: Promoting children's mental health Centre for Mental Health <https://www.centreformentalhealth.org.uk/Handlers/Download.ashx?IDMF=5614ec71-49db-46ca-9dfa-82a85f4ecdfc>
- Parent survival guide <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>
- Dealing with Feeling by Tina Rae. Published by Lucky Duck
- I am special by Peter Vermeulon. Jessica Kingsley Publishers
- A Volcano in My Tummy by Elaine Whitehouse and Warwick Pudney.
- Emotional Literacy assessment and intervention by Southampton Psychology Service. Published by GL Assessment Limited. (Available for both Primary and Secondary)
- Online course on how to support young people with mental health difficulties www.minded.org.uk
- MindEd for families : MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. <https://www.minded.org.uk/families/index.html#/>
- MindED for professionals: MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist. <https://www.minded.org.uk/Catalogue/TileView>



Books for young children

- The Goodnight Caterpillar: A Relaxation Story for Kids by Lori Lite
- Huge bag of worries by Virginia Ironside
- The Koala that could by Rachel Bright
- Silly Billy by Anthony Browne
- Willy the Wimp by Anthony Browne
- Owl Babies by Martin Wadell
- How to catch a star by Oliver Jeffers
- Willy and the Wobbly house by Margot Sunderland
- The boy and the bear by Lori Lite
- Starting school by Janet Ahlberg
- Back to school tortoise by Lucy M. George
- Gotcha Smile by Rita Philips Mitchell
- Halibut Jackson by David Lucas
- Giraffes can't dance by Giles Andreae

Books to support children who are shy or have social anxiety

- What to Do When You Feel Too Shy: A Kid's Guide to Overcoming Social Anxiety by Freeland and Toner. For primary aged children.
- The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence (An Instant Help Book for Teens) by Jennifer Shannon. For secondary aged pupils

Books to support with separation anxiety

- The Kissing Hand (The Kissing Hand Series) by Audrey Penn.
- The Invisible String by Patrice Karst.
- Owl Babies by Martin Waddell.
- The Kiss Box by Bonnie Verburg.
- The Huge Bag Of Worries by Virginia Ironside.
- Zou and the Box of Kisses by Michel Gay.



Books for parents

- 10 Steps to Reduce Your Child’s Anxiety on the Autistic Spectrum: A CBT-Based “Fun with Feelings” Parent Manual by M. Garnett, T. Attwood, L. Ford, J. Cook & S. Runham.
- Overcoming Your Child’s Fears And Worries: A Self Help Guide Using Cognitive Behavioural Techniques by C. Creswell and L. Willetts.
- Helping Your Anxious Child: A Step-by-Step Guide for Parents’, by Ronald M. Rapee.
- Helping Your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide for Parents by Linda Engler.
- Feel the Fear and Do it Anyway by Susan Jeffers. Aimed at adults but could be useful for older teens. Overcoming Your Child’s Shyness and Social Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques by Lucy Willetts and Cathy Creswell.
- The Anxious Child: A Booklet for Parents And Carers Wanting to Know More About Anxiety In Children And Young People - free download from Mental Health Foundation
- Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children by Reid Wilson and Lynn Lyons
- <https://www.zerotothree.org/resources/2268-mindfulness-for-parents>

Training

- EBSA horizon school training by Dr Jerricah Holder <https://www.edpsyched.co.uk/ebsa-horizons-schools>