

LET'S TALK, READ AND SING ABOUT WORRIES

BOOK AND VIDEO RECOMMENDATIONS FOR YOUNG CHILDREN

BOOKS



Worries Are Not Forever

By: Elizabeth Verdick

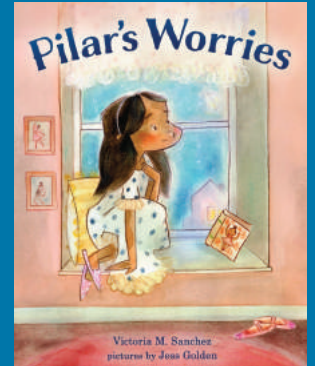
Everyone feels worried sometimes, including young children and grown-ups. This bilingual English and Spanish book describes what worries

feel like, as well as ways to make worries go away.

Pilar's Worries

By: Victoria M. Sanchez

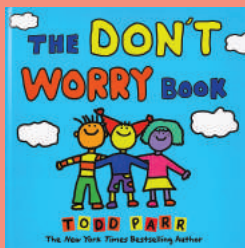
Pilar loves ballet – she even practices ballet while brushing her teeth! But auditioning for the winter ballet performance makes her feel scared and worried. What can Pilar do to face her fears? This colorful book is a great way to teach positive techniques for dealing with anxiety.



How Big Are Your Worries Little Bear?

By: Jayneen Sanders

Little Bear worries about many things from morning until night. Everyone tells him not to worry but that doesn't help Little Bear feel any better! Finally, Mama Bear helps him find ways to face all his worries. This heartwarming book includes questions that you can ask your child as you read together!

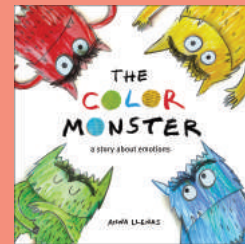


The Don't Worry Book

By: Todd Parr

Things can sometimes make children feel worried, such as a dark room or meeting someone new. This colorful book describes some of the situations that might cause a child to worry and includes ways that children can identify and

overcome their worries.



The Color Monster

By: Anna Llenas Serra

One day, Color Monster wakes up very confused: his emotions are all over the place and he feels so many emotions! To help him, Color Monster's friend shows him what each feeling means. This colorful book, available in both English and Spanish, is a great way for young children to learn about and identify the different emotions they feel throughout the day.

VIDEO

Small Children Have Big Feelings: There's an Emotion Behind Every Action

Small children have big feelings! It can be difficult to figure out what is driving a child's behavior, but by observing our children closely, we can learn how to recognize the feelings behind behaviors. This video shows how behind a child's meltdown is a big emotion.

Watch the video in English [here](#) and in Spanish [here](#).

For more tips and information, please visit:

www.talkingisteaching.org

