

# DEALING WITH (COVID-19) ANXIETY: FOR KIDS AND FAMILIES

## BLOGS/ARTICLES

[The Center for Disease Control: Talking with children about Coronavirus Disease 2019](#)

[National Alliance on Mental Illness, Coronavirus: Mental Health Coping Strategies](#)

[GoZen: Helping Kids Manage Anxiety around the Coronavirus](#)

[Child Mind Institute: Talking to Kids About the Coronavirus](#)

[NPR: Just For Kids: A Comic Exploring The New Coronavirus](#)

[Anxiety Slayer Podcast & Blog](#)

[The Anxiety Network: Panic, Generalized, and Social Anxiety](#)

[Healthy Place: Anxiety Schmanxiety Blog](#)

## VIDEOS/APPS

[YouTube Video: Explaining Coronavirus to Kids](#)

[YouTube Video: Dealing with CORONAVIRUS ANXIETY \(COVID-19\)](#)

[Free Apps Companies are Offering during Coronavirus, from Meditation to Activity Apps for Kids](#)

[7 Great Mindfulness and Meditation Apps](#)

## BOOKS FOR PARENTS

[“Freeing Your Child From Anxiety” by Tamar Chansky](#)

A great resource for a better understanding of your kid’s anxiety, generally.

[“The Power of Validation” by Karyn Hall](#)

A parenting game-changer. This book will help you better communicate with your anxious child; help them move toward the things they resist; help them with managing big emotions. This should be a tool in every parent’s arsenal.

# BOOKS FOR KIDS

## [“Wemberley Worried” by Kevin Henkes](#)

Wemberley worries about everything, and then she gets really worried when she is about to start school.

## [“Wilma Jean the Worry Machine” by Julia Cook](#)

When she says she has knots in her stomach and her knees lock, her stomach really looks like it's tied in a knot and there's a real lock around her knees. Wilma and her teacher work on conquering her worries together.

## [“David and the Worry Beast” by Anne Marie Guanci](#)

David's anxiety is a beast, and the more anxious he gets, the bigger it grows. David learns to control his thoughts, and his beast shrinks. There's also a couple of helpful resource pages for parents and kids in the back.

## [“When My Worries Get Too Big” by Kari Dunn Buron](#)

This book uses the 5 point scale to talk about stress and different ways to manage it. There are several pages where kids can add in their own thoughts, worries and what helps them relax.

## [“What To Do When You're Scared and Worried” by James J. Crist](#)

Near the beginning of the book is a checklist that helps kids narrow down what they are anxious about. The beginning of the book covers the basics of what anxiety is and how to help manage with coping skills. The next section of the book goes into detail about different types of anxiety kids might experience, including Separation Anxiety, Phobias and Panic Attacks.

## [“What To Do When You Worry Too Much” by Dawn Huebner, PhD](#)

This book goes through several ways that can help kids manage worries, including setting a time to worry, resetting your body with activity or relaxation. There are some interactive places in this book, where a child can draw some images of things that might help, etc.

## [“Stress Can Really Get on Your Nerves” by Trevor Romain](#)

has such a great knack for writing to kids in a funny and relatable way about big issues.

## [“I Feel Worried!” By Nadine Briggs and Donna Shea](#)

One of the new workbooks from the authors of How to Make and Keep Friends.

## [“DARE Workbook” by Barry McDonagh](#)

A program to help kids with Panic Disorder through a workbook format.

It is one of the most celebrated programs out there for panic.

If the workbook isn't enough, he has a full-blown interactive remote-learning website for panic for kids AND adults, called [Panic Away](#).