



Suggested books: Calm me

Suggested books to use with the Hamish & Milo Calm me Programme.

Title	Author	Description
The Worrysaurus YouTube	Rachel Bright	This is a fun and reassuring tale about having worries. In the story we meet Worrysaurus who faces a range of worried thoughts about the picnic he has planned. How can Worrysaurus chase his fears away and enjoy the picnic?
The Huge Bag of Worries	Virginia Ironside	In this lovely story we meet Jenny and wherever Jenny goes, her worries follow her - in a big blue bag. However hard she tries she can't seem to shake off her worries, they are even with her when she's swimming or watching TV and they just seem to get bigger. This is a great book to show how we all have worries and how we can sort our worries and make them more manageable.
Me and My Fear YouTube	Francesca Sanna	This is a poignant and sensitive story of a young girl who immigrates to a new country and starts at a new school. She is scared and her fear is with her everyday. Fear used to be small, and it kept her safe and alert, but now it's getting bigger and bigger. It constantly reminds her that she is alone with no friends because she is so different from the other children. But then, a young boy befriends her, and her fear begins to go. She learns too that she isn't the only one who gets scared.
Ruby Finds a Worry YouTube	Tom Percival	Ruby has a worry which just came out of nowhere. It started off small at first but grows until it takes up so much space that it takes over her thoughts and she can't stop worrying about the worry. She worries that it will never go away and she will never feel happy again until she meets a boy who has a worry of his own. Ruby and the boy begin to talk about their worry and they realise that when you talk about and share your worries they get smaller.
Orion and the Dark	Emma Yarlett	This is a lovely book to help tackle fear of the dark. The dark is personified into a character, 'darkness' who is friendly and loveable, with a gentle smile and a gentle hand to hold. Darkness and the boy in the story explore the night time so that the noises and dark isn't nearly as frightening as it once seemed.
Help Your Dragon Deal With Anxiety	Steve Herman	Having a pet dragon to play with is fun especially when he does cool things like lighting a camp fire or bringing candles on a birthday cake to life! But the problem is that the dragon is constantly worrying about everything! He's worried about maths tests, has meltdowns and needs medicine to help him stop worrying! How can you help him to manage his worries? This book gives lots of ideas and helps children know how to regulate their own worries.
Hey Warrior	Karen Young	This is a great book to help children understand what is happening in their brain when they experience anxiety. Understanding why anxiety feels the way it does, and where the physical symptoms come from, is a powerful step in turning anxiety around. This book is a brilliant resource to help children who feel anxious or overwhelmed by anxious feelings.
Wilma Jean the Worry Machine	Julia Cook	We can all feel worried, frightened or anxious sometimes but when these feelings prevent you from doing what you want or need to do, anxiety can stop us enjoying life. This is a light-hearted book that gives ideas to help children manage worried feelings.



<u>David and the Worry Beast</u>	Anne Marie Guanci	David couldn't stop thinking about missing the net at the end of the big game. He was worried that his teammates would be angry with him and that he wouldn't be able to score again. He was worried about what his parents would think and that they wouldn't be proud of him. In fact, he was worried about lots of things including his maths test and it felt like there was a worry beast rising up inside him. Luckily he was able to talk about his worries and learn ways to manage the worry beast inside of him.
<u>When Worry Takes Hold</u> <u>YouTube</u>	Liz Haske	One night, just before the lights went out, Worry snuck into Maya's mind. Worry started small but grew bigger and bigger until there was no space left for anything else; just darkness and fear. Eventually Maya finds a way of breathing calmly that gives her strength and courage to break free from the hold of Worry.
<u>What Do You Do With a Problem?</u> <u>YouTube</u>	Kobi Yamada	This is a lovely book for anyone who has ever had a problem that they wished would go away. It inspires you to look closely at that problem and to be curious about why it's here because you might discover something amazing about your problem or even yourself. The child in the story has a problem and isn't sure what to do but by facing up to it with courage, the problem turns out to be different to what was first expected.
<u>Face Your Fears (Kids Can Cope)</u>	Gill Hasson	This book helps children to understand what is happening in our minds and bodies when we worry. It explains what worry is and where it comes from. It explains how and why worries make people think and feel the way they do. It helps to acknowledge fears and to learn how to deal with real and imagined worries.