

Building Bridges for Kids Anxiety

Sources Used for This Program:

- Baldacchino, Christine. *Violet Shrink*. Toronto: House of Anansi Press, 2020.
- Borgert-Spaniol, Megan & Kukla, Lauren. *Crafting Calm: Art and Activities for Mindful Kids*. Minneapolis: Beaming Books, 2020.
- Kilgore, Emily. *The Whatifs*. New York: Little Bee Books, 2020.
- Zuppardi, Sam. *Jack's Worry*. Somerville: Candlewick Press, 2016.

Additional Sources (All owned by JCPL.)

- Cox, Lizzie. *The Book of No Worries: A Survival Guide for Growing Up*. Lake Forest: Quarto Knows, 2018.
- Ritchie, Scot. *Follow Your Breath: A First Book of Mindfulness*. Toronto: Kids Can Press, 2020.
- Snel, Eline. *Sitting Still Like a Frog Activity Book*. Boulder: Bala Kids 2019.
- Brun-Cosme, Nadine. *Daddy Long Legs*. Ontario: Kids Can Press, 2015.

Join us April 14th, 6:30-7:30 p.m.
Via Zoom, Topic: Upsetting News Stories

