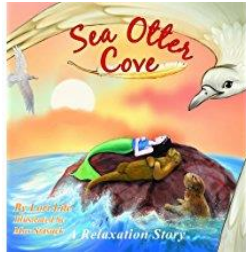
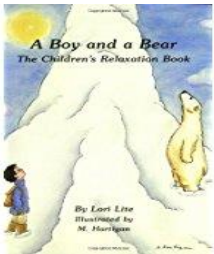


## BOOKS FOR SCHOOL AGE CHILDREN



**Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep | December 24, 2012**

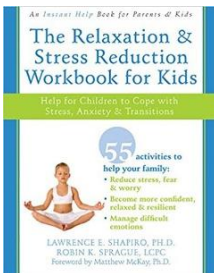
By Lori Lite and Max Stasuyk



**A Boy and A Bear: The Children's Relaxation Book | 1996**

By Lori Lite

*This book is for young children, pre-school – first grade*



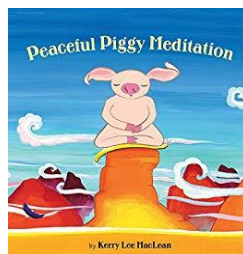
**The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) | February 2, 2009**

by Lawrence E. Shapiro, PhD and Robin K. Sprague



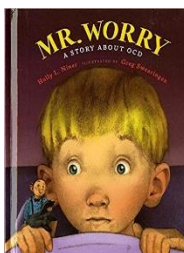
**The Huge Bag of Worries | January 6, 2011**

by Virginia Ironside



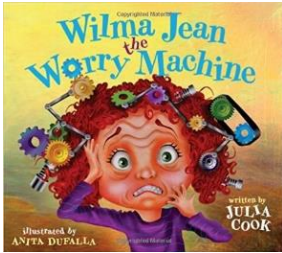
**Peaceful Piggy Meditation | January 1, 2004**

by Kerry Lee MacLean



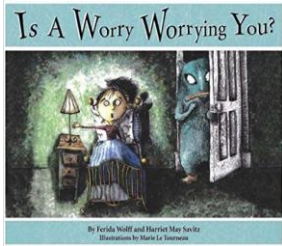
**Mr. Worry: A Story about OCD Hardcover | January 1, 2003**

by Holly L. Niner and Greg Swearingen



**Wilma Jean the Worry Machine** | *January 15, 2012*

by Julia Cook and Anita DuFalla



**Is a Worry Worrying You? Paperback** | *April 15, 2005*

by Ferida Wolff, Harriet May Savitz, Marie LeTourneau



**The Kids' Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses** | *July 22, 2014*

by Lauren Brukner