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includes a story  
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which explains in an  
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aged-appropriate way  
what anxiety is and  
how it affects one ' s  
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child with various  
techniques how to  
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workbook grounded  
in evidence-based  
CBT and designed to  
help children  
understand their

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anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety.

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book also includes

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to help kids learn

more about their

anxiety and what they

can do to manage

their stress.



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Anxiety may feel as though it is happening for no reason sometimes, but there is always a trigger for the symptoms of anxiety. It is important for clients to be able to

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identify their own triggers. When clients are able to identify and understand their triggers, they can learn how to manage their triggers.

An Anxiety Workbook  
for Children -  
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Prompt children to  
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about anxiety and

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fear using the My  
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worksheet. This  
worksheet will give  
your clients an  
opportunity to  
discuss the feelings of  
fear and anxiety, why  
they are important,  
and how they can be  
harmful. Children are  
asked to list their  
fears, describe their  
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filled with practical  
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children effective  
methods to manage  
their anxiety and  
worry. The book

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translates well-  
researched strategies  
into language that  
children will find  
engaging, easy to  
understand, and fun.

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Anxiety can be  
debilitating for kids  
and stressful for

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families. Help kids  
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identity their triggers  
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and learn coping  
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journal pages to write  
about their anxiety.  
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highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this workbook, children will learn that, just as they are capable of envisioning vivid scenarios that fuel their anxiety, they are

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definition is given.  
Throughout the book,  
anxiety is typically

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