



## **When My Worries Get Too Big! A Relaxation Book For Children Who Live With Anxiety**

*Kari Dunn Buron*

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# **When My Worries Get Too Big! A Relaxation Book For Children Who Live With Anxiety**

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**When My Worries Get Too Big! A Relaxation Book For Children Who Live With Anxiety** Kari Dunn Buron

This book replaces "When My Autism Gets Too Big."

This second edition contains the same sweet story about anxiety and learning to relax but also has added ideas for teachers and parents to help the young child with anxiety.

## **When My Worries Get Too Big! A Relaxation Book For Children Who Live With Anxiety Details**

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Author : Kari Dunn Buron

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## **From Reader Review When My Worries Get Too Big! A Relaxation Book For Children Who Live With Anxiety for online ebook**

### **Gina Venugopal says**

I thought this was a fantastic way to help children with calming strategies within a beautifully illustrated way. This book would be ideal for children with autism to read with their parents, and has a great teaching section to help parents also. The book aims to help the child to develop their own calming strategies and can help children with anxiety as well as social and emotional difficulties. I find the target audience to be wide with children and adults alike in an engaging and easy to understand approach to the format.

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### **Alycia Goss says**

Great relaxation book for kids with anxiety. Also a great way to show that disabilities aren't just physical

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### **Susie says**

A great resource, with some fab ideas, will have to change some of the language to use in U.K. (It's American).

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### **Nicole says**

What a fantastic book to read with children who are working through anxiety! Very simple, easy to understand language, mixed with a few easy activities/strategies to try. I will be using this with my small counseling group of elementary students.

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### **Mindy Everett says**

I use this book A LOT with the elementary kids with anxiety. Also great to use with Zones of Regulation and Social Thinking.

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### **Lindsay Sorensen says**

I have Generalized Anxiety Disorder so I can relate to this.

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### **Jostalady says**

This was recommended to me by the developmental behavioral psychologist who recently diagnosed my 6 year old with anxiety disorder. She read this with me and we had the best conversations we have had in weeks! Usually she doesn't want to read a book with me, but this was a big hit that opened her up and suddenly I was hearing from her feelings and experiences that I had never heard her talk about before! I also found out that my 8 year old with autism, who also exhibits some anxiety, has been using this book in group therapy at school and she was excited to talk to us about it too so we read it again. Highly useful for kids (and their adults) with anxiety.

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### **Marcia A says**

Actually a workbook for children 5 to 9 with Autism, to review and complete with an adult. The book offers steps (including physical exercises) to attempt when Autism symptoms begin to get out of control. I think it would be a good option for teachers, therapists and parents to use with children with Autism. It's best to buy the book and use pencil to complete the pages so they can be updated when the child feels like changing their input. I was surprised the library book I have from the library was not written in.

A similar book, *When My Worries Get Too Big*, has recently been published as well, for children with anxiety.

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### **Becky Agnew says**

I love this book. It is very helpful to all my students. It helps them realize that their reaction to certain scenarios have to match the correct problem. This book works well with The Zones of Self Regulation.

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### **Tweedledum says**

I have lost track of the number of times I have recommended this simple but excellent book since it was re-issued in 2013.

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### **Johanne says**

This is a cute little book that helps children with anxiety learn ways they can self-soothe and manage their emotions. It used to be targeted at children with Autism, but I like that it has a broader title to include anxiety outside of Autism as well. I have anxiety myself, and my oldest displays behaviour patterns and anxiety attacks not unlike mine. This was recommended by a child psychologist for us to check out, and I'm quite liking it. Beautiful book, glossy page, simple easy to understand sentences, and pages for the child to personalize. I borrowed it from the library, but I think I'll be ordering a copy, so A can keep, write in, and we can go back to it again again, perhaps with it becoming our "calm down" tool.

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**Deb Carter says**

I love this workbook about worries. It is an interactive tool to help children cope with their fears. Love it.

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**Tiffany says**

This is okay, but it fell far short of what I hoped it would be. It's VERY basic information for children on what it feels like to be overwhelmed by anxiety/frustration and gives a relaxation exercise to use when they feel overwhelmed. I would say ages 4 to 10 or so (10 would be a stretch, but some of my therapy kids would have benefitted at 10 and even older, so it depends on the kid). There are a few pages from kids to color pictures themselves. A good tool, but certainly not the only one you would want in your toolkit.

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**Dr.tia says**

Good book.

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**Candice says**

It teaches kids how to cope and relax with anxiety. It has a great story behind it and it comes with a great collection of how to cope with other things. The illustrations are kid-friendly and very helpful. I give this book a 3 because it is teacher-parent based too.

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