

# Dealing with Anxiety

Books for grades 3-6



***The Wild Path***

by Sarah R. Baughman (JF BAU)

***Hazel Bly and the Deep Blue Sea***

by Ashley Herring Blake (JF BLA)

***Every Missing Piece***

by Melanie Conklin (JF CON)

***Girls Who Code: Spotlight on Coding Club*** (JF DEU)



***Five Things About Ava Andrews***

by Margaret Dilloway (JF DIL)

***Just Roll With It***

by Lee Durfey-Lavoie (GF DUR)

***Living with Viola***

by Rosena Fung (GF FUN)

***The World From Up Here***

by Cecelia Galante (JF GAL)

***In Your Shoes***

by Donna Gephart (JF GEP)

***Umbrella Summer***

by Lisa Graff (JF GRA)

***Center of Gravity***

by Shaunta Grimes (JF GRI)

***Real Friends***

by Shannon Hale (GF HAL)

***Buster***

by Caleb Zane Huett (JF HUE)

***Maybe Maybe Marisol Rainey***

by Erin Entrada Kelly (JF KEL)

***Sara and the Search for Normal***

by Wesley King (JF KIN)





**The List of Unspeakable Fears**  
by J. Kasper Kramer (JF KRA)

**The Thing I'm Most Afraid Of**  
by Kristin Levine (JF LEV)

**Alvin Ho series**  
by Lenore Look (JF LOO)

**Thanks a Lot, Universe**  
by Chad Lucas ( JF LUC)

**Fight + Flight**  
by Jules Machias ( JF MAC)

**Not If I Can Help It**  
by Carolyn Mackler (JF MAC)

**The Miscalculations of Lightning Girl**  
by Stacy McAnulty (JF MCA)

**How to Become a Planet**  
by Nicole Melleby (JF MEL)

**The Nest**  
by Kenneth Oppell (JF OPP)



**The Best at It**  
by Maulik Pancholy (JF PAN)

**It's My Party and I Don't Want to Go**  
by Amanda Panitch (JF PAN)

**Stanley Will Probably Be Fine**  
by Sally Pla (JF PLA)

**Something to Say**  
by Lisa Moore Ramée (JF RAM)

**Stuntboy, in the Meantime**  
by Jason Reynolds (JF REY)

**The Spinner of Dreams**  
by K.A. Reynolds (JF REY)

**Golden Hour**  
by Niki Smith (JF SMI)



**The List of Things That Will Not Change**  
by Rebecca Stead (JF STE)

**Give and Take**  
by Elly Swartz (JF SWA)

**Guts**  
by Raina Telgemeier (GF TEL)

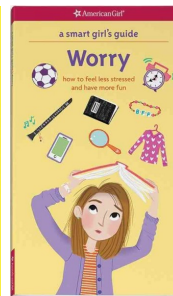
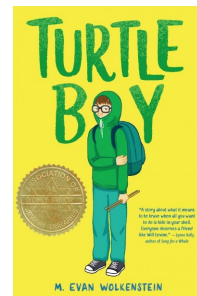
**The Goldfish Boy**  
by Lisa Thompson (JF THO)

**Small Things**  
by Mel Treginning (GF TRE)

**Frazzled series**  
by Booki Vivat (JF VIV)

**A Thousand Minutes to Sunlight**  
by Jen White (JF WHI)

**Turtle Boy**  
by M. Evan Wolkenstein (JF WOL)



## Non-Fiction

**12 Hacks to Worry Less: A Mental Health Toolkit for Life**  
by Honor Head (J152.46 HEA)

**All About Anxiety**  
by Carrie Lewis (J152.46 LEW)

**Sometimes I'm Anxious: A Child's Guide to Overcoming Anxiety**  
by Poppy O'Neill (J155.4 ONE)

**12 Tips for Managing Stress and Anxiety**  
by Maddie Spalding (J155.9 SPA)

**A Smart Girl's Guide, Worry: How to Feel Less Stressed and Have More Fun**  
by Judith Woodburn (J155.9 WOO)

**All Birds Have Anxiety**  
by Kathy Hoopmann (J618.92 HOO)

**The Book of No Worries**  
by Lizzie Cox (J646.7 COX)