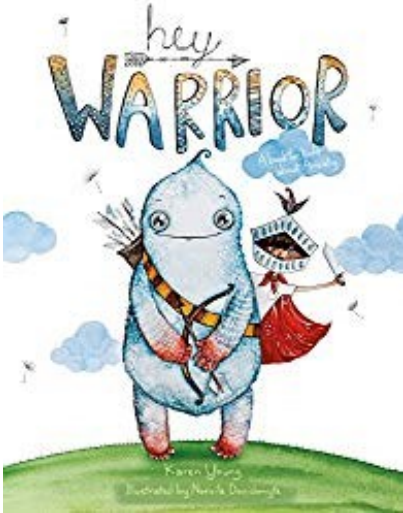
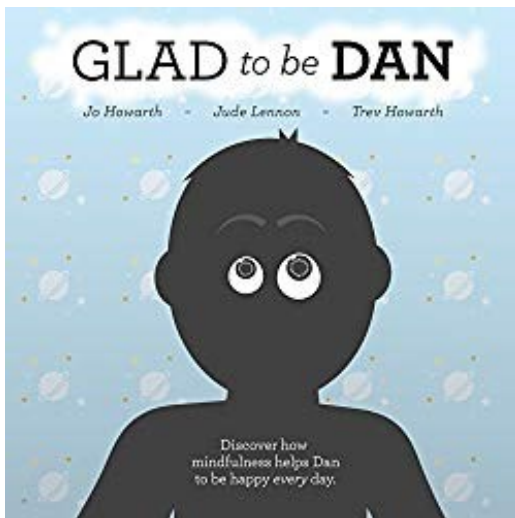


## Books recommended for children with anxiety



Hey Warrior by Karen Young



Glad to be Dan by Jo Howarth

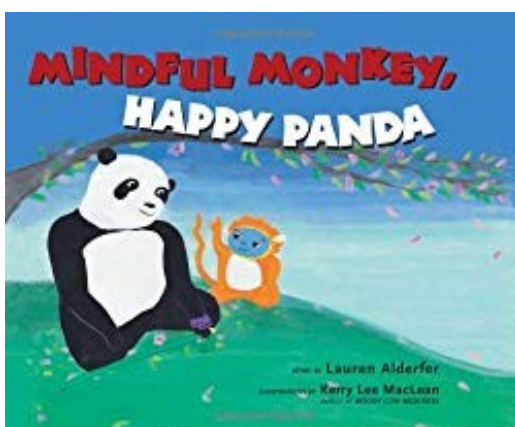
## I CAN BREATHE LIKE A...

A Mindful Breathing Book for Kids



Written by Megan Johnson  
Illustrated by Kristina Oubines

I Can Breath Like a... by Megan Johnson



Mindful Monkey, Happy Panda by Lauren Alderfer