

Best Books for Grades 4–6 That Help with Anxiety

Guided Self-Help / Emotional Literacy (Ages ~8–12)

These books strike a nice balance between relatable stories and real tools kids can start using.

- ***What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety***

By Dawn Huebner

This is a kid-friendly, CBT-based workbook that teaches worry-management step by step in an engaging way. It's great for guided reading with an adult.

- ***Outsmarting Worry: An Older Kid's Guide to Managing Anxiety*** By Dawn Huebner

Like the one above but tailored toward slightly older kids, this book is excellent for the tail end of grades 4–6.

- ***Don't Let Your Emotions Run Your Life for Kids*** By Jennifer Solin & Zachary Solin

Works through emotions (including anxiety) with very practical, kid-friendly DBT skills. Good for kids who are ready for slightly deeper emotional tools.

Relatable Stories with Anxiety Themes

These aren't just self-help manuals — they're stories where kids *see themselves* in characters coping with worry.

- ***Hey Warrior*** By Karen Young

Explains what anxiety actually *feels like* and why the brain reacts the way it does — in terms kids can understand.

- ***Just Harriet*** by Elana K. Arnold

Portrays a kid who struggles with big emotions, change and social worries.

- ***I'm Worried*** By Michael Ian Black & Debbie Ridpath Ohi

A warm, humorous story about worry that helps normalize feelings without minimizing them. (Highly recommended by caregivers and teachers.)

- ***Wilma Jean the Worry Machine*** By Julia Cook

Portrays a kid whose worries grow until she learns how to manage them — with a light tone and clear takeaways.

- ***A Little Spot of Anxiety: A Story About Calming Your Worries*** By Diane Alber

Picture-book style but still hits home for older readers who need reassurance *and* strategies.