



# When My Worries Get Too Big!

*Kari Dunn Buron*

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## **When My Worries Get Too Big!** Kari Dunn Buron

Worry and anxiety are on an upswing. In fact, anxiety is the most frequent of all mental disorders in children. High levels of stress and big emotions related to social situations, sensory issues, or general frustration are common in children who live with anxiety. Such stress can lead to a loss of control, resulting in aggressive behavior, such as screaming, throwing things or even hurting someone. Prolonged anxiety can also seriously impact success in academic achievement and cause children to avoid social and extracurricular activities. Now with a special section on evidence-based teaching activities for parents and teachers alike, this bestselling children's classic just became even better and more relevant. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!

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