

West Sussex Libraries

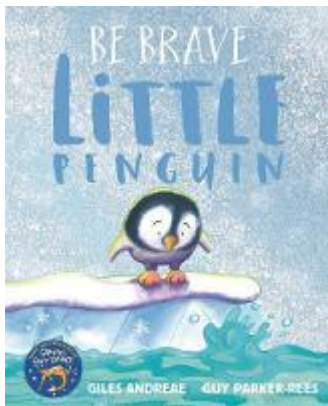
Fears and Anxiety Booklist

Stories for children exploring the emotions and feelings associated with different fears and worries.

Clicking on individual titles will take you to the library catalogue where you can find out more about the book, find out which library has a copy, or reserve a copy for collection at your local library.

Picture Books

Book cover

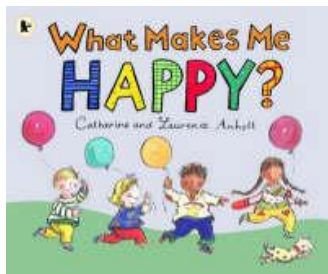


Details

Title: [Be Brave Little Penguin](#)

Author: Giles Andreae

Format: Picture book



Title: [What Makes Me Happy?](#)

Author: Catherine Anholt

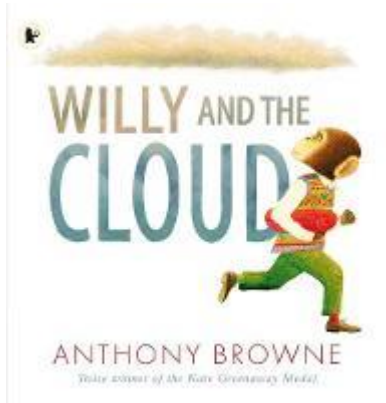
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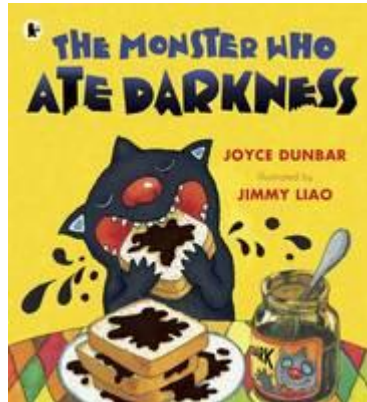
Title: [I Like Bees, I Don't Like Honey!](#)

Author: Sam Bishop

Format: Picture book



Title: [Willy and the Cloud](#)
Author: Anthony Browne
Format: Picture book



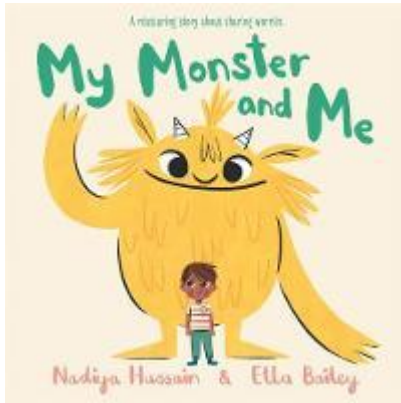
Title: [Monster Who Ate Darkness](#)
Author: Joyce Dunbar
Format: Picture book



Title: [No Matter What](#)
Author: Debi Gliori
Format: Picture book



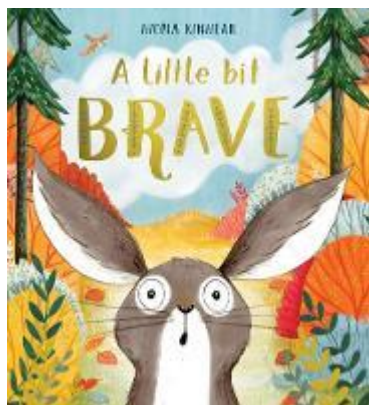
Title: [Little Mouse's Big Book of Fears](#)
Author: Emily Gravett
Format: Picture book



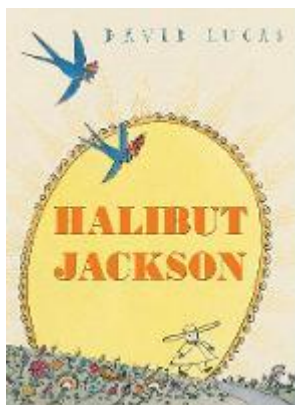
Title: [My Monster and Me](#)
Author: Nadiya Hussain
Format: Picture book



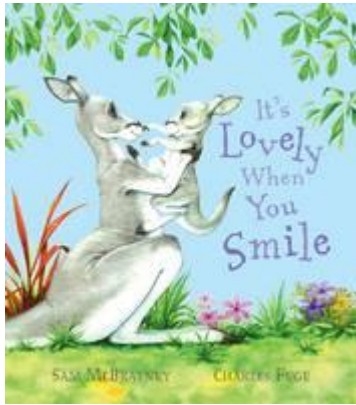
Title: [Huge Bag of Worries](#)
Author: Virginia Ironside
Format: Picture book



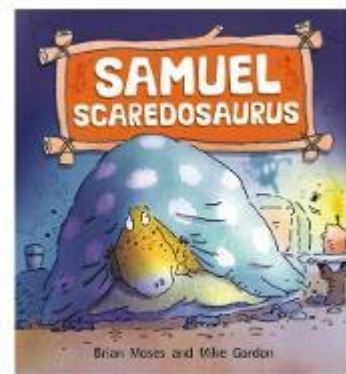
Title: [A Little Bit Brave](#)
Author: Nicola Kinnear
Format: Picture book



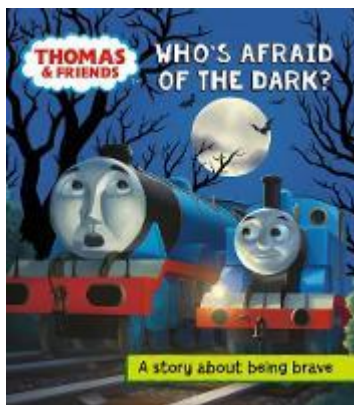
Title: [Halibut Jackson](#)
Author: David Lucas
Format: Picture book



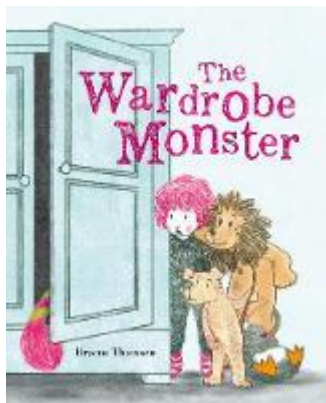
Title: [It's Lovely When You Smile](#)
Author: Sam McBratney
Format: Picture book



Title: [Samuel Scaredosaurus](#)
Author: Brian Moses
Format: Picture book



Title: [Who's Afraid of the Dark?: A Story About Being Brave](#)
Author: Nancy Parent
Format: Picture book



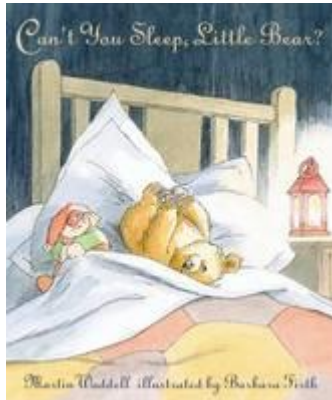
Title: [The Wardrobe Monster](#)
Author: Bryony Thomson
Format: Picture book



Title: [The Light in the Night](#)

Author: Marie Voigt

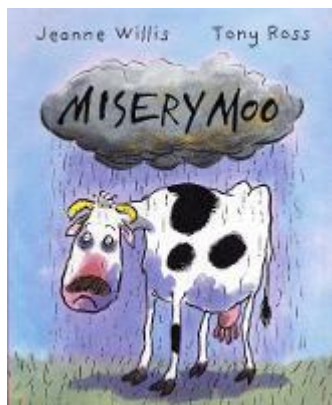
Format: Picture book



Title: [Can't You Sleep Little Bear?](#)

Author: Martin Waddell

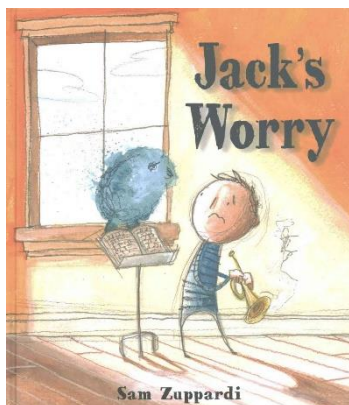
Format: Picture book



Title: [Misery Moo](#)

Author: Jeanne Willis

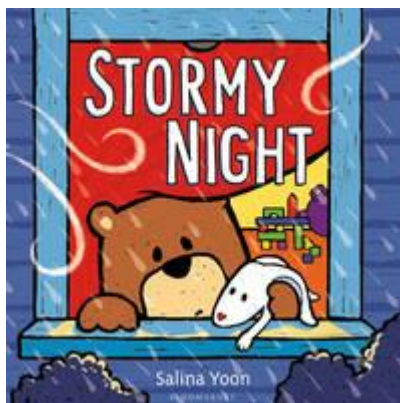
Format: Picture book



Title: [Jack's Worry](#)

Author: Sam Zuppardi

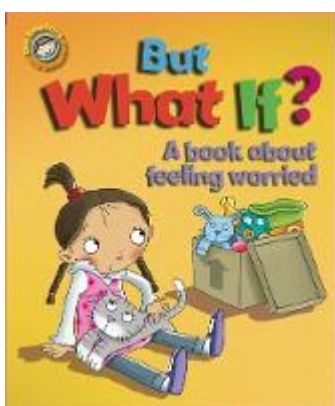
Format: Picture book



Title: [Stormy Night](#)
Author: Salina Yoon
Format: Picture book

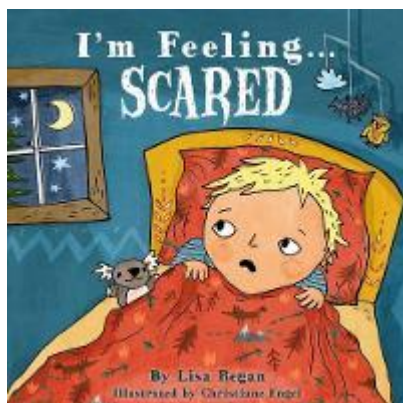
Information Books

Book cover



Details

Title: [But What If? A Book About Feeling Worried](#)
Author: Sue Graves
Format: Information book J152.46



Title: [I'm Feeling Scared](#)
Author: Lisa Regan
Format: Information book J152.46

January 2021