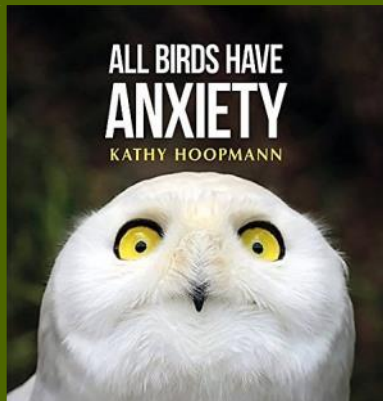
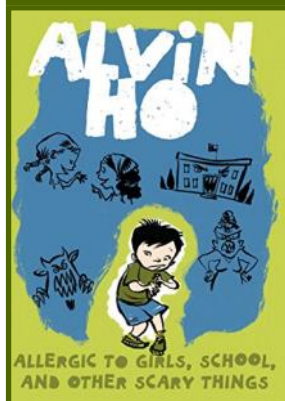


Big Feelings

Books and resources for ages 8-14.



MOORESTOWN LIBRARY

111 West Second Street
856-234-0333 x5

www.moorestownlibrary.org



Updated 12/16/2023



J Arango - *Iveliz Explains It All*

by Andrea Beatriz Arango

Twelve-year-old Iveliz is trying to manage her mental health and advocate for the help and understanding she deserves, but in the meantime her new friend calls her crazy and her abuela Mimi dismisses the therapy and medicine Iveliz needs to feel like herself.



J Huett - *Buster*

by Caleb Zane Huett

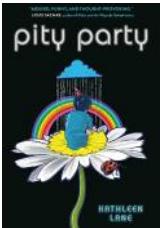
Buster's a therapy dog who needs to take matters into his own paws to help a boy understand his own anxiety . . . even if it means breaking a few rules.



J King - *The Year We Fell From Space*

by Amy Sarig King

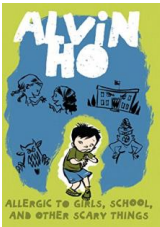
Middle schooler Liberty's family is falling apart. Her parents are getting divorced, her sister will barely leave the house, her father is suffering from depression but will not talk about it, and the brothers down the street have turned into bullies. So when a tiny meteorite literally falls in her lap it is like a sign, but a sign of what?



J Lane - *Pity Party*

by Kathleen Lane

A grab bag of deliciously dark short fiction set in middle school that explores anxieties and twists them into funny, resonant, and reassuring psychological thrills.



J Look - *Alvin Ho Series*

by Lenore Look

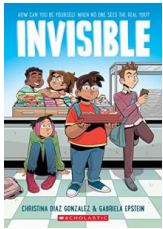
A young boy in Concord, Massachusetts, who loves superheroes and comes from a long line of brave Chinese farmer-warriors, wants to make friends, but first he must overcome his fear of everything.



J Shepard - *Penny Draws a Best Friend*

by Sara Shepard

Fifth grader Penny, who doodles to cope with anxiety, worries that her best friend is drifting away.



J Graphic Fiction Gonzalez - *Invisible*

by Christina Diaz Gonzalez

For fans of New Kid and Allergic, a must-read graphic novel about five very different students who are forced together by their school to complete community service... and may just have more in common than they thought.



T Graphic Fiction Oda - *Komi Can't Communicate Series*

by Tomohito Oda
Socially anxious high school student Shoko Komi would love to make friends, but her shyness is interpreted as reserve, and the other students keep her at a distance. Only timid Tadano realizes the truth, and despite his own desire to blend in, he decides to help her achieve her goal of making 100 friends.



T Graphic Fiction Telgemeier - *Guts*

by Raina Telgemeier

Raina wakes up one night with a terrible upset stomach. Her mom has one, too, so it's probably just a bug. Raina eventually returns to school, where she's dealing with the usual highs and lows. It soon becomes clear that Raina's tummy trouble isn't going away.... What's going on?



J 152.46 Huebner - *Outsmarting Worry*

by Dawn Huebner

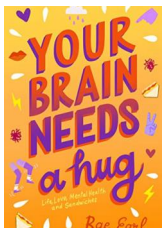
Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.



T 155.4 Guerra - *How to Handle STRESS for Middle School Success: Kid Confident Book 3 (Kid Confident: Middle Grade Shelf Help)*

by Silvi Guerra PsyD

Middle grade kids learn about stress and anxiety, how it manifests physiologically and cognitively, and how to keep balance and cope with stress.



T 616.85 Earl - *Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches*

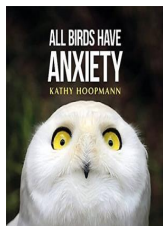
by Rae Earl

Rae Earl offers her personalized advice on the A to Zs of mental health, social media, family and friendship.



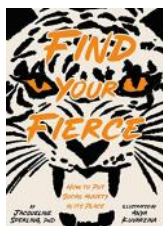
J 616.89 Potion - *Perfectly Imperfect Stories: Meet 28 Inspiring People and Discover Their Mental Health Stories* by Leo Potion

Meet 28 icons, including pop star Ariana Grande, Hollywood icon The Rock, sporting hero Serena Williams, and even royalty -- Prince Harry -- and discover how they have dealt with mental health issues to live inspiring lives. It's ok to not be ok with these perfectly imperfect stories.



J 618.92 Hoopmann - *All Birds Have Anxiety* by Kathy Hoopmann

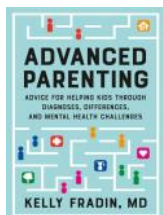
Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a humorous depiction of bird behavior, this book validates everyday experiences of anxiety, provides understanding, and offers compassionate coping strategies.



T 618.92 Sperling - *Find Your Fierce: How to Put Social Anxiety in its Place*

by Jacqueline Sperling, PhD

A concise and practical guide for teens dealing with social anxiety.



649.15 Fradin - *Advanced Parenting: Advice for Helping Kids Through Diagnoses, Differences, and Mental Health Challenges*

by Kelly Fradin, MD.

Check our Parenting section in the playroom for more books for parents and caregivers.

Additional Resources:

- **[OnOurSleeves.org/mental-health-resources/national-state-resources/new-jersey](https://www.onoursleeves.org/mental-health-resources/national-state-resources/new-jersey)**

Provides a list of **hotlines** and resources for children, teens, and adults.

- **[National Alliance on Mental Illness - Burlington County](http://www.namiburlingtonnj.org)**

Contains information, programs, and **support groups** on mental health for individuals and families of all ages.

[\(namiburlingtonnj.org\)](http://www.namiburlingtonnj.org)

- **[National Institute of Mental Health](http://www.nimh.nih.gov)**

Shareable resources on child and adolescent mental health.

[\(Nimh.nih.gov\)](http://www.nimh.nih.gov)