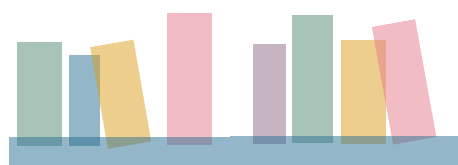


BOOK LIST FOR SENSORY AND EMOTIONAL REGULATION



Books for Children

- [**The Way I Feel**](#) by [Janan Cain](#)
- [**When My Worries Get Too Big**](#) by [Karl Dunn Buron](#)
- [**Even Superheroes Have Bad Days**](#) by [Shelly Becker](#)
- [**My Mouth is a Volcano!**](#) by [Julia Cook](#)
- [**In My Heart: A Book of Feelings \(Growing Hearts\)**](#) by [Jo Witek](#)
- [**The Color Monster: A Story About Emotions**](#) by [Anna Llenas](#)
- [**Arnie and His School Tools: Simple Sensory Solutions that Build Success**](#) by [Jennifer Veenendall](#)
- [**The Goodenoughs Get in Sync: 5 Family Members overcome their Sensory Issues**](#) by [Carol Stock Kranowitz](#),
- [**A Kids Book About Neurodiversity**](#) by [Laura Petix the Ot Butterfly](#)
- [**My Whirling, Twirling Motor**](#) on ADHD by [Merriam Sarcia Saunders and Tammie Lyon](#)
- [**My Busy Busy Brain**](#) on ADHD by [Nicole Russell and Antoinette Thomas](#)
- [**The Worry Balloon**](#) on Generalized anxiety by [Mónica Mancillas and Betty C. Tang](#)
- [**Olivia Wrapped In Vines**](#) on Generalized anxiety by [Maude Nepveu-Villeneuve, Sandra Dumais, et al.](#)
- [**My Brain Is Magic**](#) on Sensory Processing Disorder by [Prasha Sooful and Geeta Ladi](#)
- [**Brilliant Bea**](#) on Dyslexia by [Shaina Rudolph, Mary Vukadinovich, et al.](#)
- [**Henry, Like Always**](#) on Autism by [Jenn Bailey and Mika Song](#)
- [**Dare To Be Me - teaching kids to embrace themselves**](#) by [Kaci Bolls, Nathan Meckel, et al.](#)
- [**The Magical Yet**](#) by [Angela DiTerlizzi and Lorena Alvarez Gómez](#)
- [**When Things Get Too Loud**](#) by [Anne Alcott](#)

Other Resources

- [Children's books that promote understanding of Autism](#)
- [List of books that teach kids to stop and think, be mindful and handle emotions](#)



World of OT
Info@WorldofOT.com
www.WorldofOT.com

