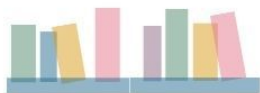


BOOK LIST FOR SENSORY AND EMOTIONAL REGULATION



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](#)



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