



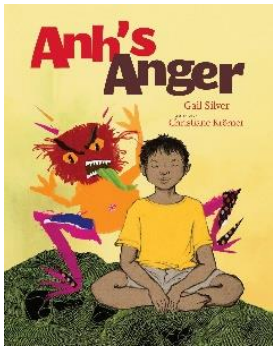
Brown  
County  
Library



BOOKS  
FOR KIDS  
IN  
STRESSFUL  
TIMES

## A Select List of **Brown County Library Children's Books**

Click on each title to see more details, current availability, or to place a hold. For additional books and items on this theme, ask your librarian or search the library's catalog.



### Picture Books:

[Anh's Anger](#) by Gail Silver

[Brave](#) by Stacy McAnulty

[The Breaking News](#) by Sarah Lynne Reul

[Come with Me](#) by Holly McGhee

[Heroes Wear Masks](#) by Lillian Jane

[I am Peace](#) by Peter Reynolds

[The Koala Who Could](#) by Rachel Bright

[Little Tree](#) by Loren Long

[Maybe Tomorrow?](#) by Charlotte Agell

[Meditate with Me: A Step-by-Step Mindfulness Journey](#) by Mariam Gates

[Now](#) by Antoinette Portis

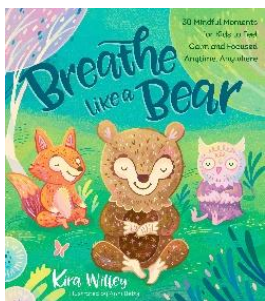
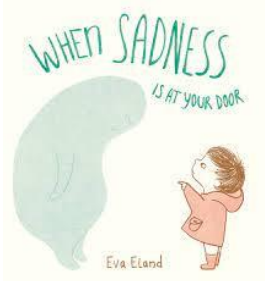
[Orion and the Dark](#) by Emma Yarlett

[The Rabbit Listened](#) by Cori Doerrfeld

[When Sadness is at Your Door](#) by Eva Eland

[While We Can't Hug](#) by Eoin McLaughlin

[Yoga Bug: Simple Poses for Little Ones](#) by Sarah Jane Hinder (board book)



### Non-Fiction:

[Breathe Like a Bear](#) by Kira Willey

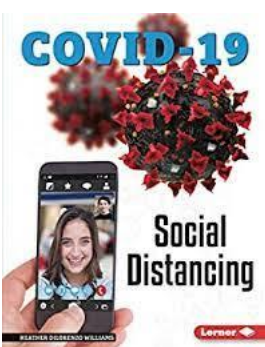
[Calm: Mindfulness for Kids](#) by Wynne Kinder

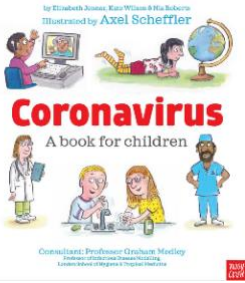
[Essential Workers, Essential Heroes](#) by Heather Dilorenzo Williams

[The Science of the Coronavirus](#) by Renae Gilles

[Social Distancing](#) by Heather Dilorenzo Williams

[Stress Can Really Get on Your Nerves!](#) by Trevor Romain





## Parent and Cargivers:

[Building Resilience in Children and Teens: Giving Kids Roots and Wings](#) by Kenneth R. Ginsburg

[Making it Better : Activities for Children Living in a Stressful World](#) by Barbara Oehlberg

**Titles below link to a new website that will direct you to download each title.**

## E-Books about the Coronavirus:

[Alicia y el Coronavirus](#) by Salvador Maci (in Spanish)

[Be a Coronavirus Fighter](#) by Songju Ma Daemicke

[The Big Alone](#) by the Sisters Avendano (in several languages including Spanish)

[Coronavirus: A Book for Children](#) by Elizabeth Jenner

[Coronavirus: Clear Answers for All Kids](#) by Arlen Grad Gaines

[Community Heroes](#) by Renee Lyons

[Dave the Dog is Worried about the Coronavirus](#) by Molly Watts

[First Aid for Feelings a Workbook the Help Kids Cope During the Coronavirus Pandemic](#) by Denise Daniels, RN, MS

[Hello! My Name is Coronavirus](#) by Manuela Molina (comes in 25 languages)

[Mission: Stay at Home](#) by Dalmaus (comes in 5 languages including Spanish)

[My Hero is You](#) by the Inter-Agency Standing Committee

[Piggy & Bunny and the Stay-at-Home Plan](#) by Holly Sedgwick

[The Princess in Black and the Case of the Coronavirus](#) by Shannon Hale

[The Spooky Shallow Cough](#) by Ben Rabb

[Stay Clear, Stay Clean, Stay Kind](#) by Martin Baynton (comes in 7 languages)

[Staying Home](#) by Sally Nicholls

[The Virus-Stopping Champion](#) by Hilary Rogers

[What is Coronavirus?](#) by Christine Borst, PhD, LMFT (comes in several languages)

[What is Coronavirus? A Simple Explanation for Young Children](#) by Polly Zielonka

[What is the Coronavirus?](#) by Chloe Drulis (also in Spanish and German)

## E-Books that need an email submitted to download:

[A Kids Book About COVID-19](#) by Malia Jones (also in Spanish)

[Captain Corona and the 19 Covid Warriors](#) by Melissa Gratias

[Rainbows in Windows](#) by Yumi

