



Starving the Anxiety Gremlin for Children Aged 5-9: A Cognitive Behavioural Therapy Workbook on Anxiety Management (Gremlin and Thief CBT Workbooks)

Kate Collins-Donnelly

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Help children to understand and manage their anxiety with this engaging and imaginative workbook.

The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink!

Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act – getting rid of their Anxiety Gremlins for good! Bursting with stories, puzzles, quizzes, and colouring, drawing and writing games, this is a unique tool for parents or practitioners to use with children aged 5 to 9 years.

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