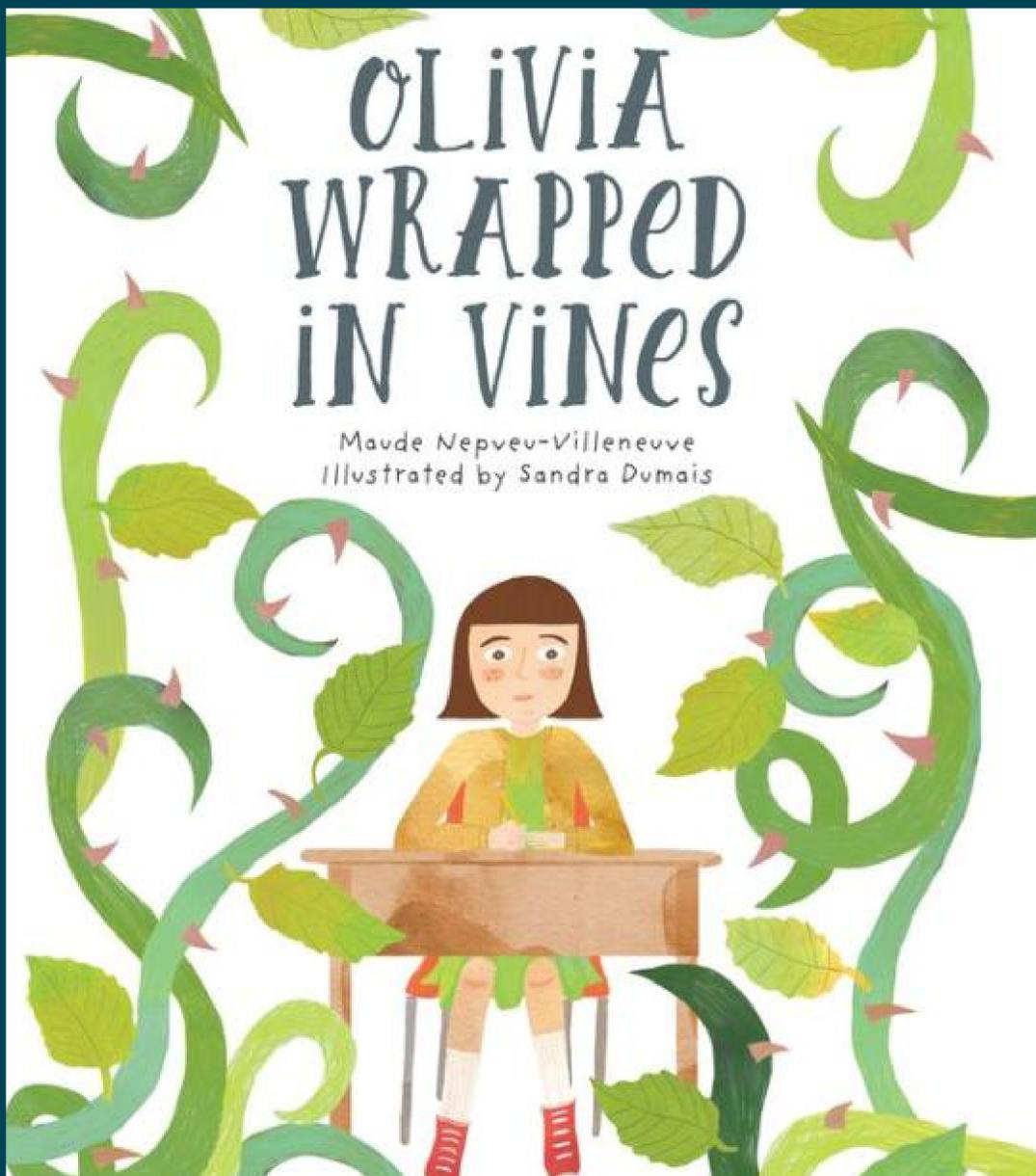




fresh READS



The world is a really big place for little kids.

When Olivia starts to feel overwhelmed by her big feelings, she sprouts vines. They are thorny and twisty and make it impossible for Olivia to do the things she loves to do, like ride her bike or play with her friends. Plus, no one wants to come near a giant ball of thorns. Luckily, Olivia has a very special teacher. Someone who sees past the prickly and the pokey to the upset little girl and helps Olivia learn to manage the vines.

This quirky picture book is the perfect introduction to the idea of anxiety and those big feelings that seem impossible to manage. Olivia's teacher provides some tricks to help manage the feelings, and a special message at the end of the story encourages young readers to think productively about their own anxieties.

-Goodreads

LISTEN



Visit Tumblebook Library

- Log in to the Tumblebook database
- Click TumbleSearch 
- Search by Title: *Little Book of Big Fears*
- Watch and read along with the narrator about fears, which are normal, and maybe even a little less scary when brought to light.

<https://www.tumblebooklibrary.com>
User Name: fauquier
Password: reads

LEARN



Visit Britannica School

- Click the Elementary Tree arrow 
- Search "Nervous System"
- Learn more about how the nervous system responds to anxiety and worries.

<https://school.eb.com>
School Access ID: fcps1
Passcode: welcome

SHARE

Discussion

- Share how Olivia uses vines to describe her anxiety.
- Try the calming and refocusing strategies on the Fresh website to reduce feelings of stress and anxiety and improve on-task behaviors when used throughout the day.
www.fauquierfresh.org/calmingandrefocusing
- Play the online sentence game for Little Book of Big Fears found on the Tumblebook link