

Small Knight and the Anxiety Monster

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Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Anxiety
- Fear
- Asking for help
- Communication
- Self-care
- Expectations
- Pressure
- Bravery
- Courage
- Self-reflection

Takeaway

Resilient people don't let their anxiety define them.



Activities to try at home:

Use one or more of the attached activities to strengthen your child's understanding of this book's lessons.

1. **Anxiety Toolbox**
2. **My Anxiety Monster**

Flip for [Conversations to Have at Home](#)



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Conversations to Have at Home:

Parents have a wonderful opportunity to connect with their child around the important topic of anxiety. The story opens the door for children to talk about their own worries in a way that feels safe and approachable. By engaging in thoughtful conversation, you can help your child understand that anxiety is a common and manageable feeling, and that it doesn't define them.

Consider these ideas when discussing this book with your child:

- Encourage your child to talk about times when they've felt like Small Knight—worried, nervous, or overwhelmed.
- Gently ask how anxiety feels in their body (tight tummy, racing heart, etc.) and in their thoughts.
- Reassure your child that feeling anxious is completely normal and something many people experience—including adults.
- Support your child in imagining their own “anxiety monster,” just like in the story. Ask what it might look like, sound like, or how it acts.
- Give anxiety a name or identity together. This helps your child see it as something they have, not something they are.
- Let your child know that they're still brave and strong—even when the anxiety monster shows up.
- Let your child know it's okay to talk about big or uncomfortable feelings—there's no need to keep them bottled up.
- Validate their emotions by saying things like, “It makes sense to feel that way,” or “That sounds really tough—thank you for telling me.”
- Emphasize that emotions aren't “bad”—even anxiety has a purpose, but sometimes it gets a little too loud.

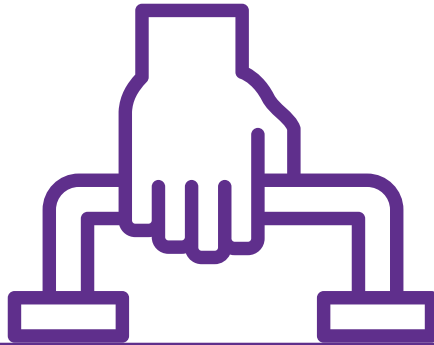


For additional *Resilience Grows Here: At-Home* book recommendations, visit fvhd.org/community-health/rgh/books

For additional mental health support, visit fvhd.crediblemind.com

Anxiety Toolbox

Think about times you've felt worried or anxious. What did you do to help yourself? Write down what you did in the toolbox below. Then, add more things you can do to help you feel better when you are worried.



Take deep breaths

Takeaway:

Resilient people don't let their anxiety define them.

My Anxiety Monster

Use the space below to draw what your anxiety monster looks like. What does it sound like?
How does it act? Write how the monster makes you feel, in your body and your brain.

Takeaway:
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