



Autism & Anxiety resources

YouTube clips

What is autistic masking and why does it matter? | Jodie Smitten

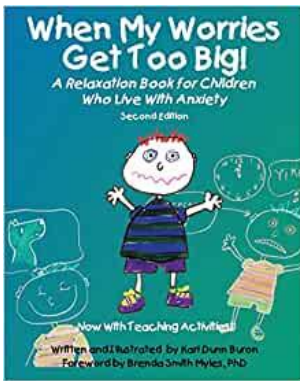
<https://www.youtube.com/watch?v=7EZ1il5Lfc8>

Books

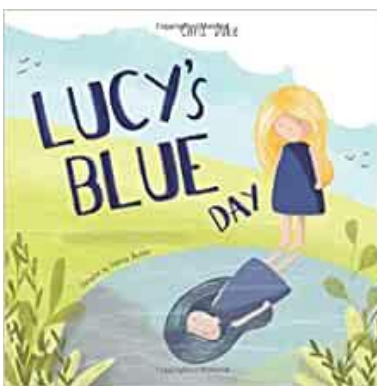


The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition – 30 Sept. 2012

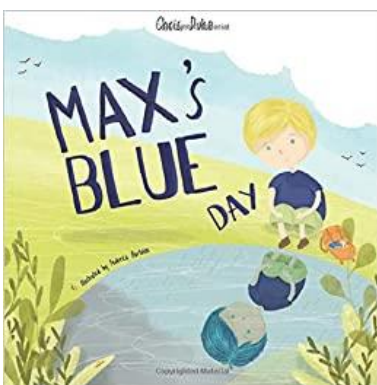
by Kari Dunn Buron & Mitzi Curtis



When My Worries Get Too Big!: A Relaxation Book for Children Who Live with Anxiety – 30 July 2013
by Kari Dunn Buron



Lucy's Blue Day: Children's Mental Health Book Paperback – 6 Jun. 2019
by Christopher Duke (Author), Federica Bartolini (Illustrator)

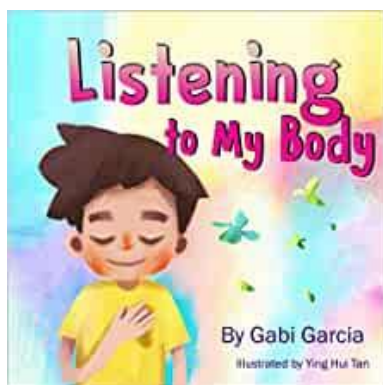


Max's Blue Day: Children's Mental Health Book Paperback – 29 Feb. 2020
by Chris Duke (Author), Federica Bartolini (Illustrator)



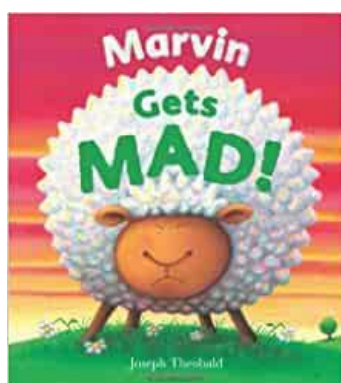
Lucy's Blue Day - My Diary: For Older Children and Teenagers Paperback – 22 Aug. 2019

by Christopher Duke (Author), Lisa Duke (Author), Federica Bartolini (Illustrator)



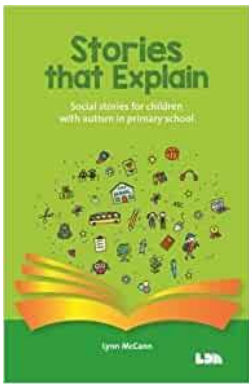
Listening to My Body: A guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need. Paperback – 23 July 2017

by Gabi Garcia (Author), Ying Hui Tan (Illustrator)



Marvin Gets MAD! Paperback – 13 Mar. 2014

by Joseph Theobald (Author, Illustrator)



**Stories that explain: Social stories for children with autism in primary school
Paperback – 28 May 2018**

by Lynn McCann (Author)

Blogs

Window of tolerance – Pooky Knightsmith

<https://www.pookyknightsmith.com/post/window-of-tolerance-resource-from-beacon-house>

Smart Talkers

But they have no problems in School: Autistic Masking The Hidden Trauma of Our Children – blog by Jodie Smitten

<http://www.smarttalkersblog.com/2020/06/but-they-have-no-problems-in-school.html?m=1>

Reachout ASC

Lynn McCann – blog page

<https://reachoutasc.com/blog>

Websites

GoZen

Social and emotional learning programs for kids aged 5-15, parents, professionals and schools including downloadable resources.

<https://gozen.com/>

Studio 3

Online courses and training

<https://www.studio3.org/studio-3-online>

Downloadable resources

Reachout ASC – downloadable resources

<https://reachoutasc.com/resources>

Window of tolerance download by Beacon House

<https://www.acesconnection.com/fileSendAction/fcType/0/fcOid/480387610160780411/filePointer/480387610167331290/fodoid/480387610167331285/Beacon%20House%20Window%20of%20Tolerance%20and%20Self%20Reg%20Graphic.pdf>

GoZen

Downloadable understand your child's anxiety infographic

<https://gozen.com/understand-your-childs-anxiety-infographic/>

The Sensory Projects

<http://www.thesensoryprojects.co.uk/covid19-resources>