

Book review



There's a T-Rex in my tummy

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This is a beautifully illustrated rhyming book that discusses feelings of anxiety. It is an accessible resource for children aged 2-8 that provides effective strategies to help them cope with anxious feelings. Using a T-Rex as a personification of the feelings adds instant appeal to the target audience. The text flows well and has a lovely rhythm to it. It is enjoyable to read aloud.

The illustrations are amazing and vibrant, appealing to children and supporting the text beautifully. They also add a bit of humour to the book's content, which helps lighten the tone. The illustrations of people in this book are effective in 'showing' what some of the feelings look like through the facial expressions, body language and colours used.

Labelling anxiety as "worries" makes the text accessible to children who may not have the language to use the word "anxiety". The analogies of the feelings using the T-Rex also help younger audiences relate the book to their feelings. The book provides a range of examples when the main character feels this way, making it accessible to various children and situations.

There is a range of strategies outlined in the text for the reader to try when they experience these feelings. Some of the strategies included are consistent with many other picture books: supporting big feelings, taking deep breaths, getting outside, and a hug. The book highlights the importance of talking to someone about your feelings, which is a positive and helpful message for all children.

Overall, this book is fabulous for children who experience anxiety. It provides the reader with the vocabulary to describe their feelings and outlines great strategies (for children and adults alike) to apply when anxious feelings become a T-Rex in your tummy.

Review by Jilena Hastings, Mum of 2 and teacher

Disclaimer: Please note these reviews are not intended as endorsements or recommendations from the Mental Health Foundation. This feature introduces resources that may be useful for individuals with an interest in mental health and wellbeing topics.