



KATIE'S REALLY BAD DAY

A STORY ABOUT TEST ANXIETY



Written by Kathleen Jeffrey
Illustrated by Susan Kilmartin

It's spelling test day and Katie feels anxious. Cheerful fun-loving Katie sometimes gets anxious before tests, even when she knows the answers. One day Katie's feelings are so enormous, she panics and can't seem to do the test at all. She even disrupts the entire class. Luckily, with the guidance of her teacher, Katie discovers calming tools to soothe her nerves. Pretty soon the whole class is joining Katie to beat that test stress!

Reading age: 5 - 8 years
Print length: 32 pages
Language: English

Dimensions: 8.25" x 10.75"
ISBN: 9798218968427
Independently Published by:
Kathleen Jeffrey

"An important and well-illustrated consideration of a common problem among kids."

—*Kirkus Reviews*

OUR VERDICT
✓ GET IT

ENDORSEMENTS

Elementary Educator

"This lovely picture book gently touches upon the issue of test anxiety. The tools presented to help Katie are easy and effective for many types of anxiety. The superb illustrations beautifully support the text enabling the reader to feel Katie's emotions, as well as her classmates. I highly recommend, this book for parents, teachers, and guidance counselors of primary and elementary age students."

Margaret Habel; B.A. Elementary Education; M. ED., Reading Specialist/Consultant

Bestselling Children's Book Author

"Katie's Really Bad Day, A Story About Test Anxiety, is a readable, relatable story for any child experiencing anxiety. Including several practical self-help tips, this gentle tale belongs on every parent's and every educator's bookshelf."

Glenys Nellist, author of *Little Mole Goes to School* and *Little Mole Finds Hope*.

Educational Consultant/Research

"Childhood anxiety is on the increase. Kathleen Jeffrey captures the feelings and experiences of Katie, a second grader, who is on the verge of developing school avoidance. With wisdom and sensitivity Katie's parents, teacher, and classmates team up to teach Katie an even more important lesson than taking a spelling test. Katie learns how to calm her fears and anxiety."

Marsha A. Stevens, B.A., M.Ed., Educational Consultant/Research

FROM THE AUTHOR

I was an anxious child in school. Eventually this anxiety developed into test anxiety that stayed with me through college. I wrote this book to help children identify their own anxious feelings, know that they are not alone and encourage them to tell their teachers and caregivers what is going on before their anxiety leads to "A Really Bad Day!"



Kathleen Jeffrey Received her BA in Elementary Education/Psychology from Rhode Island College. After a media sales career in US & international publishing, Kathleen enjoyed learning the indie bookstore business at Glastonbury Abbey Bookstore in Hingham, MA. She now writes children's picture books to bring, "Love, Light, Spirit, Truth, Joy," to little one's hearts. Kathleen lives in Massachusetts.

ILLUSTRATOR



Susan Kilmartin grew up traveling the world and received her BFA from the University of Maryland. She is a portrait painter, calligrapher, muralist, plein air painter, and illustrator. This is the third book she has illustrated. Susan lives on Cape Cod in Massachusetts. You can see more of her work at www.susankilmartin.com



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