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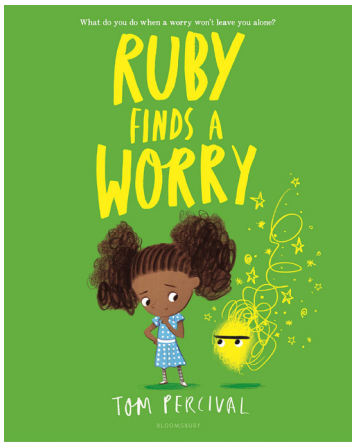
HEALTHY CHILD™

SOCIAL-EMOTIONAL STORY HOUR

Ruby Finds A Worry



By: Tom Percival
Publisher: Bloomsbury Children's Books

Ruby is a little girl that loves doing little kid things until one day she finds something she has never had before, a worry!

Ruby's worry continues to get so big that the things she loved to do before are not longer so much fun. Ruby was worried about her worry, until she met a friend to share her worry with. What do you think happens when Ruby shares her worry? Read "Ruby Finds a Worry" to find out.

Things to talk about

What is a worry?

How does your mind and body feel when you have a worry?

What kind of things do you worry about?

Try these fun activities at home

What to do with a worry?

Talk about your worries and what types of activities that you can do when you have a worry. Make a what to do with a worry list.

Draw your worries

Materials: paper, marker or crayons

Ruby's worry looked like a scribble and they were all one color. What do your worries look like, they don't have to look like Ruby's.

Click this link for additional acitivities

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