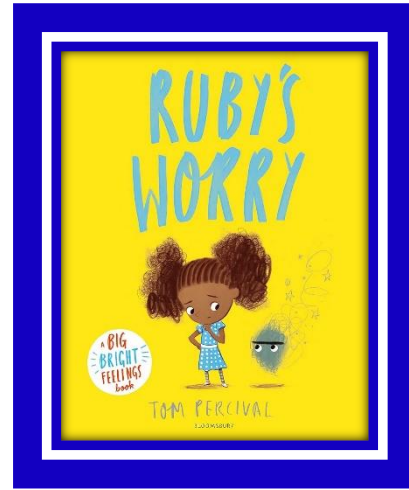


**This activity
goes with...**



The Big Question

What should you do if you have a worry?

Talk about it...

**How did the worry make
Ruby feel?**

Why did Ruby's worry get
bigger?

**Why do all the worries
look different in the
story?**

Why do you think Ruby's
worry is yellow, but the
boy's is blue?

How might a worry make
you feel?

**Do you think
adults/everyone have
worries sometimes?**

What happened when
Ruby talked about her
worry?

**What made Ruby's
worry shrink?**

Everyone has worries sometimes and that is normal. Ignoring our worries can sometimes make them worse. The best thing to do is talk to someone about what is worrying you.

Just talking about it can help!



A lady bird in the garden.

A picture of a happy sun.

A cat at the cinema.

Did you spot all these in the book?

A book about space.

A birthday cake.

A yummy pink ice-cream.

If you had a worry, what might it look like?

Draw a worry and the person you could talk to about it.