



Ruby's Worry by Tom Percival

- If you have had a worry before can you remember and discuss how you were feeling? Sad, angry, anxious- maybe all three emotions?
- Can you think what caused you to feel that way?
- Who could you talk to if you have a worry? Maybe you can make marks or draw about how you are feeling. It doesn't just have to be if you are sad or angry. Remember, we have happy emotions too.

Always try to remember we don't need to let our worries grow. It is good to talk about our emotions, no matter how we are feeling.