

Book Review



Books for children



Ruby's Worry

Tom Percival

Bloomsbury

Age: 5+

Ruby loves being Ruby - she is adventurous and fun-loving! Until, one day, an unwanted visitor appears - a little worry that just won't leave her alone. As the days go by, the little worry becomes a big worry and Ruby begins to worry that it will never go away.

But, one day, she meets a new friend and, together, they discover that worries don't like being talked about!

Part of the 'Big Bright Feelings' series, this is a beautiful book that helps children explore what worry is. It helpfully reminds us that worrying is something we all do but gives some brilliant advice on how to shrink those worries when they come along.

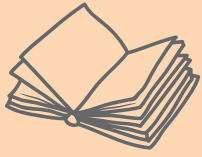
With beautiful, colourful artwork thrown in - this is a great read together that will pave the way for brilliant conversations!



Family Time



Books for children



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Bible Verse

'Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.'

Phillipians 4:6 NLT



Wonder

- Can you think of a time when you have felt a worry was following you around?
- What does worry feel like in your body?



Do

- Make a worry jar

In our story, Ruby hardly noticed her worry when it first appeared - perhaps it didn't feel important enough? Talking about our worries with a trusted adult when they are still small, can help stop small worries becoming big worries - but sometimes it can be tricky to know where to begin. Having a worry jar can help!

Get a large jar or box - you can decorate it if you like - and put a pack of post-its and a pen next to it and keep it in a place your trusted adult will see. Write or draw the things you are worried about and post them into the jar. When your trusted adult sees something in the jar, they will know that there is something you would like to talk and pray about with them.



Pray

Our bible verse tells us 2 things that we can do that help us when we are worried - Tell God about it and remember the good things!

- Is there anything you would like to talk to God about that you are worried about?
- Think of 3 things that you would like to thank God for today.



Listen

What do you think God is thankful for today? Why not ask Him!



wonderfulme.org.uk

