



Storytime Activity Guide

Ruby Finds A Worry

by Tom Percival

One day Ruby finds a worry following her around. The worry grows bigger and bigger and starts getting in her way. Getting rid of it isn't so easy. Maybe a friend can help.

Did you know?

Social Emotional: Sense of Self

Getting along with others, recognizing feelings, and expressing them appropriately is all part of Social-Emotional Understanding. Help your child practice by looking at the characters faces in *Ruby Finds A Worry* and talk about how what the character says or does helps us know how they feel.

Talk about it!

- What does it mean to feel worried? How does it make your body feel?
- What are some of the things that make you feel worried?
- It is totally normal to feel worried. What helps you feel better when you are worried?

Play: Deep Breathing Games

Breathing slowly and deeply can help us calm down when we're feeling worried. Practice these breathing games when your child is in a good mood so that they'll remember them when they start to have big feelings that are hard to control.

- Flowers and bubbles: With one hand pretend to pick up a flower. Take a big sniff, imagining how that flower smells. With your other hand, pretend you are holding a bubble wand and slowly blow out all the bubbles you can. (Not into flowers and bubbles? Try a fresh-baked cookie and a pinwheel.)
- Toy elevator: Have your child lay down and put a stuffed animal or other toy on their belly. Ask them to notice how the toy floats up and down as they breathe. How slow and smooth can they make the ride?

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All resources can be found at: tandembayarea.org

Create: Draw Your Worry

Materials:

- Paper
- Drawing and coloring utensils (pencils, markers, crayons, color pencils, etc.)
- Stickers or other craft decorations (optional)

Directions:

1. Talk with your child: What does worry look like?

- What is its shape?
- What is its color?
- Does it have eyes, ears, a nose, and a mouth?
- Is it large or small?

There are no wrong answers. Everybody's worry looks different!

2. Help your child draw, color, and decorate a picture of a worry.

3. Talk with your child about their "worry".

- Describe its shape, color, and other characteristics.
- Ask the child about a time when they felt worried.
- You may need to model this conversation by telling the child about a time you felt worried.
- Talk with your child about what to do when they feel worried (e.g., talk to a grown-up, go to a quiet place, do some deep breathing, etc.)
- Place the drawing on the wall or an easy to find location in your home.
- Remind the child to use this drawing to talk with you when they feel worried.

