

Thursday 11th June (PSHE session dealing with worries and anxiety)

Ruby's Worry



Tom Percival

Ruby loved being
Ruby.



She loved to swing up high . . .

... and she loved to explore
wild, faraway places.

*Sometimes she even went all
the way to the very
bottom of the garden!*

Ruby was perfectly happy.
Until one day ...



... she discovered
a Worry.



It wasn't a very
big Worry...



In fact, it was so small that, at first,
Ruby hardly noticed it.



But then the Worry
started to grow.



Each day it got a little bit bigger...



It just wouldn't leave her alone.

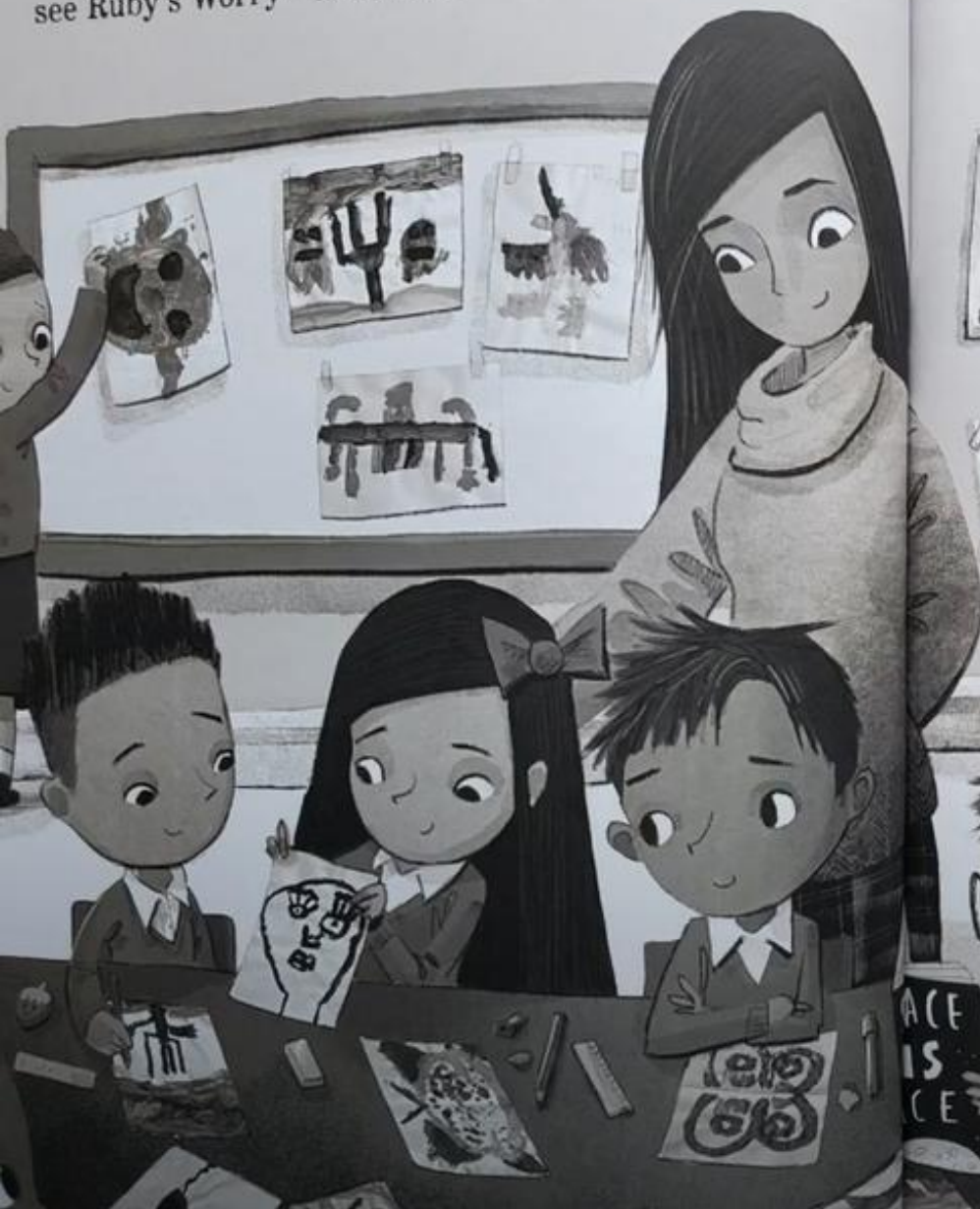


It was there at breakfast, staring at her over the cereal box.



And it was **STILL** there at night, when she brushed her teeth.

The funny thing was that no one else could see Ruby's Worry—not even her teacher.



So Ruby pretended that *she* couldn't see it either.



She tried to carry on as if
everything was normal—
but it just wasn't!



The Worry was *always* there—stopping her
from doing the things that she loved.

Ruby wondered if the Worry
would ever go away.



What if it
didn't?



What if it stayed with her *forever*?



Ruby didn't realize it, but she was doing the
worst thing you can ever do with a Worry:

she was worrying about it!

Now the Worry was
ENORMOUS!



It could barely fit in the
kitchen at dinnertime.



It filled up half the school bus . . .



...and it took up whole rows at the movie theater.

The Worry became the only thing that Ruby
could think about, and it seemed like she
would never feel happy again.



Then, one day, something
unexpected happened . . .

Ruby noticed a boy sitting alone at the park.
He looked how she felt—sad.



And then she noticed something else, something
hovering next to him. Could it be . . .

a Worry?

It was!

Ruby realized that she wasn't the
only person with a Worry after all.



Other people had them too!

She asked the boy what was on his mind
and, as he told her, the strangest
thing happened...



His Worry began to shrink!

Then Ruby did the best thing you can
ever do if you have a Worry:

she talked about it.

As the words tumbled out, Ruby's Worry began
to shrink until it was barely there at all.

Soon, both of their Worries
were gone!



Finally, Ruby felt like herself again!



Of course, that wasn't the last time she ever had a Worry (everyone gets them from time to time).



But now that she knew how to get rid of them...

... they never hung around for long.

