



Ruby Finds a Worry

written and illustrated by Tom Percival



Reading and Activity Guide

BEFORE READING

- + In the story you're going to hear today, a little girl has a big worry. Maybe you feel that way today or maybe it's something you've experienced before. *What makes you worry? Maybe you worry about who you're going to play with at recess or maybe you worry about someone you love who is sick. No worry is too big or too small to make you feel like Ruby in the story.*
- + *How do you feel when you worry? Maybe it's a sad, heavy feeling or a tight, scary feeling.*

DURING READING

- + *Why did Ruby's worry keep growing? Has your worry ever felt like it was getting bigger?*
- + *How does it feel when you keep your worry to yourself?*

AFTER READING

- + It's good to talk about our worries with others. *Which family members, other adults, or friends can you talk to when you feel worried?*
- + 1 Peter 5:7 says "Cast all your worries on Him, because He cares for you." Jesus knows all your worries and cares for you at all times. You can always talk to Jesus when you feel worried. He promised to give you His peace. *What prayer can you say to Jesus when you feel worried?*

Springboard Activities:

This book may spark lots of conversation with children who have an opportunity to express how they have been feeling. It also may result in little to no dialogue. Rest assured that in either case, your children are learning the tools to cope with worry/anxiety they experience in the future. Revisit this topic regularly with them to practice.

Activity #1: The Weight of Worry - Fill a bowl with water. Find a sponge and five stones. Place the sponge in the bowl and place the stones on top of the sponge. Talk about your worries and how you feel when you keep them to yourself. You might feel weighed down by heavy stones when you don't talk about your worries with anybody. Discuss one worry and some possible solutions. Take away one stone. Discuss another worry along with some possible solutions. Keep going until all the stones are removed. Talking through worries doesn't necessarily make them go away, but our load feels lighter.

Activity #2: God Cares - Read Matthew 6:25-27 together. *"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"* God cares for the birds of the air. What else do you think he cares for? Create a list. God loves and cares for everything He created. He loves and cares for YOU.

Activity #3: Prepare a Prayer - Write a short prayer together that you can say whenever you feel worried. Keep it simple such as, *"Dear Jesus, I'm feeling worried right now. I know that you are always with me and always taking care of me. Thank you for showing me how much you love me by dying on the cross. Please take this worry away and help me talk about it with someone. In your name we pray, Amen."*

