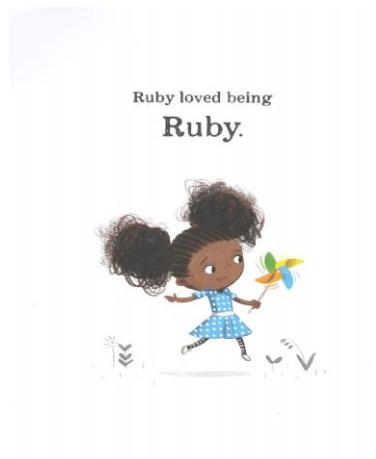


Take 5: Ideas for Independent/Home Learning

Ruby's Worry by Tom Percival (Bloomsbury)



1. Explore it



Read aloud this spread and talk together about what you heard and what you can see in the picture:

- Who is this? What is her name?
- What do you think you might know about this girl? What is she like? How do you think she is feeling? What in the words or in the pictures tells you this?

Now talk about her in relation to your own life:

- What does Ruby like to do? Do you like to do this too?
- What makes you love being you? Are there things you love doing? Do special people make you happy? Or do special toys make you happy? Is there a special place that makes you feel happy?

2. Illustrate it

Look at the pictures of Ruby doing the things she enjoys. Can you draw yourself and all the things that make you happiest? You might have some photographs or special objects that will help you to do this. When you have drawn a picture of the things that make you happy, you could try to do some of these things, while you are at home.

3. Talk about it



Look at the front cover of the book and read the title.

- Do you know what a worry is?
- Where is the worry in the picture? Can you always see a worry like this? How might you know if someone is worried?
- How do you think Ruby feels about the worry? How can you tell?
- What do you think Ruby should do about the worry? Do you think she should keep it to herself or tell someone about the worry?
- Have you ever had a worry? Have you ever talked about a worry with someone before? What happened when you shared your worry? Who would you tell about a worry you had?

4. Imagine it

Think about how we might help Ruby, now that this worry has approached her:

- If you could talk to Ruby what would you tell her?
- Do you have any ideas of what she could do to stop herself feeling worried?
- How do you think she can make herself feel better? For example, what do you do when you feel worried or sad? Maybe you have a toy that makes you feel better? Or maybe you hold someone's hand or have a cuddle?

5. Create it

Write a note or draw a picture for Ruby to help her take her mind off her worry. Think about the ideas you thought of before and use these to help you. You could give Ruby three different ideas to help her feel less worried, for example talking to someone, hugging your teddy bear and going outside to play on the swings.