

RUBY'S WORRY



TOM PERCIVAL

BLOOMSBURY

Ruby loved being
Ruby.





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.



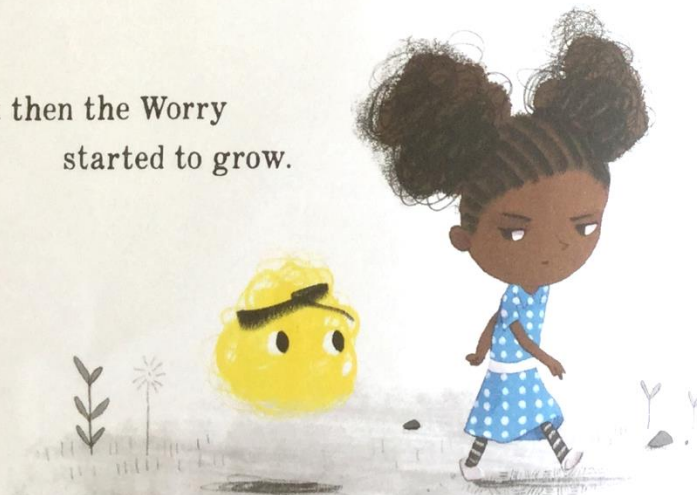
It wasn't a very
big Worry...



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 . . .

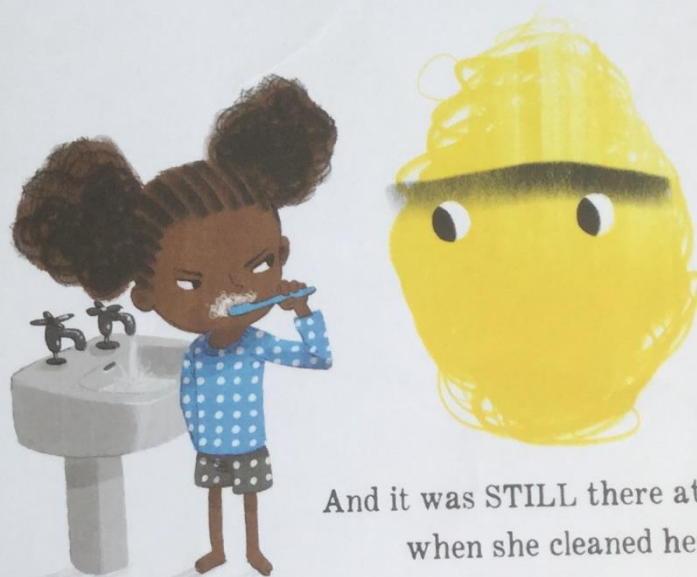


It just wouldn't
leave her alone.





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



And it was STILL there at night,
when she cleaned 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.



**Questions for you to
think about and discuss:**



Do you think it's a good idea for Ruby to pretend she can't see the worry? Do you think that will make it go away? Why or why not? What else could she do?

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 realise, 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 teatime.



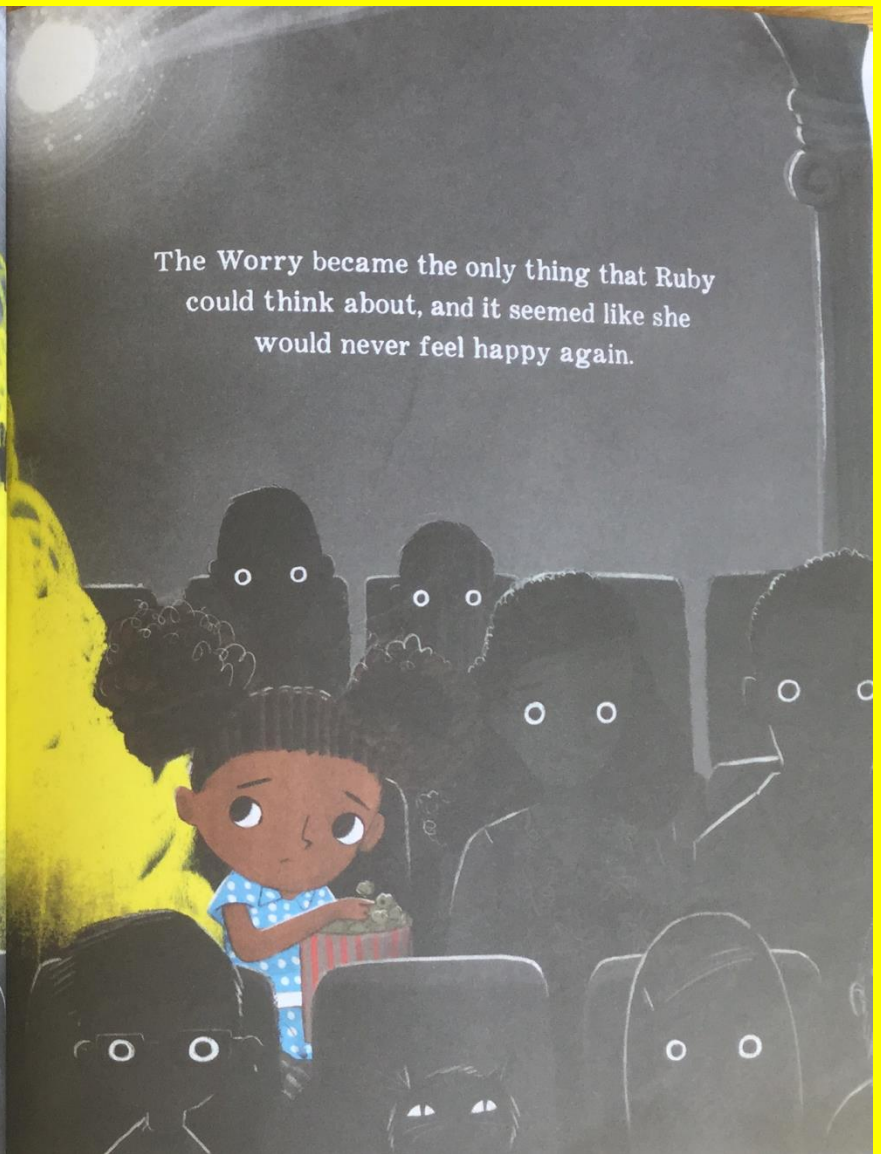
It filled up half of the bus ...



and it took up whole rows at the cinema.



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



**Questions for you to
think about and discuss:**

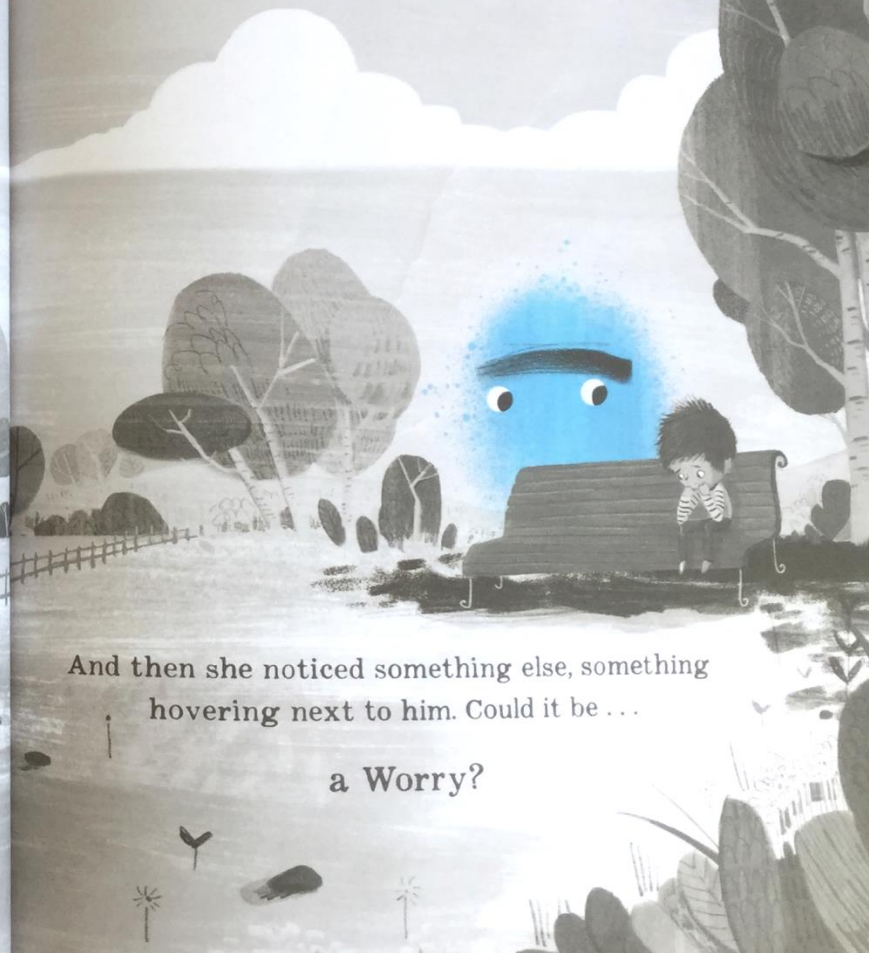


Do you think Ruby has been feeling this way for a short time or a long time? How do you know?

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



Other people had them too!

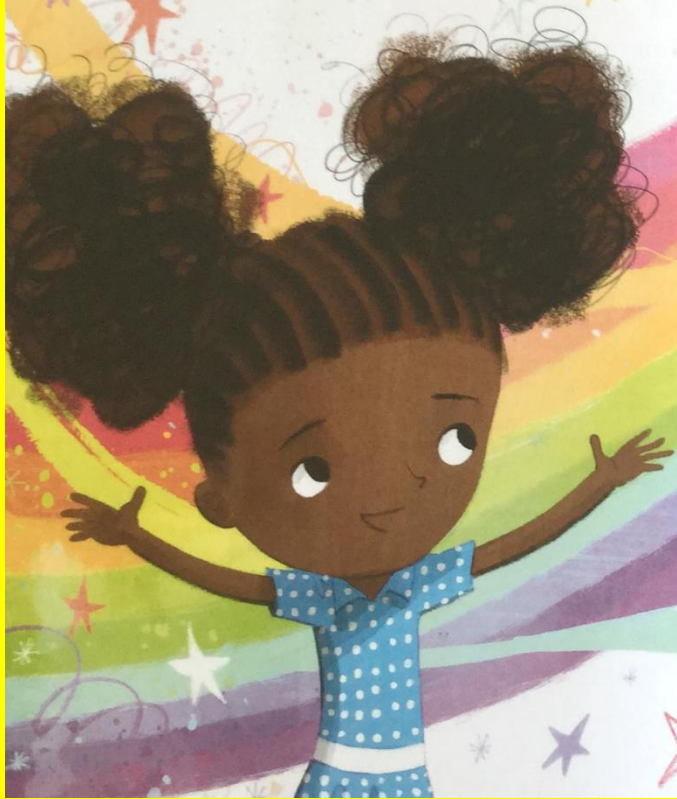
She asked the boy what was on his mind
and, as he told her, the strangest
thing happened...



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 that
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.



Click this link to see animated illustrations
from the story:

<https://www.youtube.com/watch?v=NUPGUmEzpQE>