

## Parent Sheet for our Book Of The Month

### **Ruby's Worry** written and illustrated by Tom Percival

We will be featuring a reading of the Book of the Month on our website for you to access the story and share with your child. Here is a link:

<https://www.youtube.com/watch?v=l8E6R0lAXqA>

What is the overarching theme/message of the book? Can we encapsulate this into one word or phrase that is easy for everyone to understand?

- Problems shared is a problem halved/solved.
- Share feelings!


Why is the message or theme entrenched in the book important to disseminate with everyone in our community?

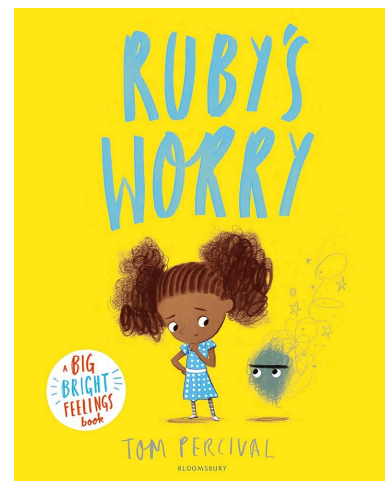
- We are becoming aware of mental health in our communities and children should be able to say their worries and fears.
- Children's worries maybe connected to adults worries and fears.

Thinking about the theme/message, what quotes from the book jump out at you that relate to the theme or message?

- "She talked about it."
- "Ruby realised that she wasn't the only person with a worry after all. Other people had them too."

Here are some activities that you can do with your child in regards to exploring the book's themes

Activity:	Age group
You could create a worry box where if your child has a worry you could write the worry down and put it in the box and then throw it away.	2 – 4 years old
Can you make your own worry monster using different colours, textures etc to create the 'feeling'.	2 – 4 years old
<div>Make a hug – to draw and cut around the card using string to measure their handspan.</div> 	Send hugs in the mail to people that they love and miss.



Create a box or jar of positivity – where you can write down some of the positive things / happy things that have happened in order to read at a time when you are full of worry.	2 – 4 years old
Target children for small sessions, 1-1. Read the story and talk about worries and how it helps to talk. Learn to hug yourself.	2 – 4 years old
Explore different feelings using mirrors to reflect feelings – What makes us happy, sad etc. Why?	2 – 4 years old
Search for songs about feelings on the internet to share with children. <i>“If you’re happy and you know it...”</i>	2 – 4 years old