

# School Council Assembly

Share your worries!



Based on the book by  
Tom Percival

Ruby loves being Ruby!

She loves playing and  
exploring wild places.

Until one day...





She discovered a worry.

It wasn't a very big worry....





It was so small at first  
that she hardly noticed it.



But then the worry started to grow...



It got bigger and bigger. It just wouldn't leave her alone.





It was there at breakfast staring at her over the cereal bowl.

It was still there at night when she brushed her teeth.





The funny thing was no one else could see Ruby's worry, not even her teacher...

So Ruby pretended she couldn't see it either.





She tried to carry on as normal.

But the worry was always there, stopping her from doing the things she loved.





Ruby  
wondered if  
the worry  
would ever  
go away.  
What if it  
didn't?

Ruby didn't realise it but she was doing the worse thing  
you can do with a worry – she was worrying about it.



So now the worry was enormous!

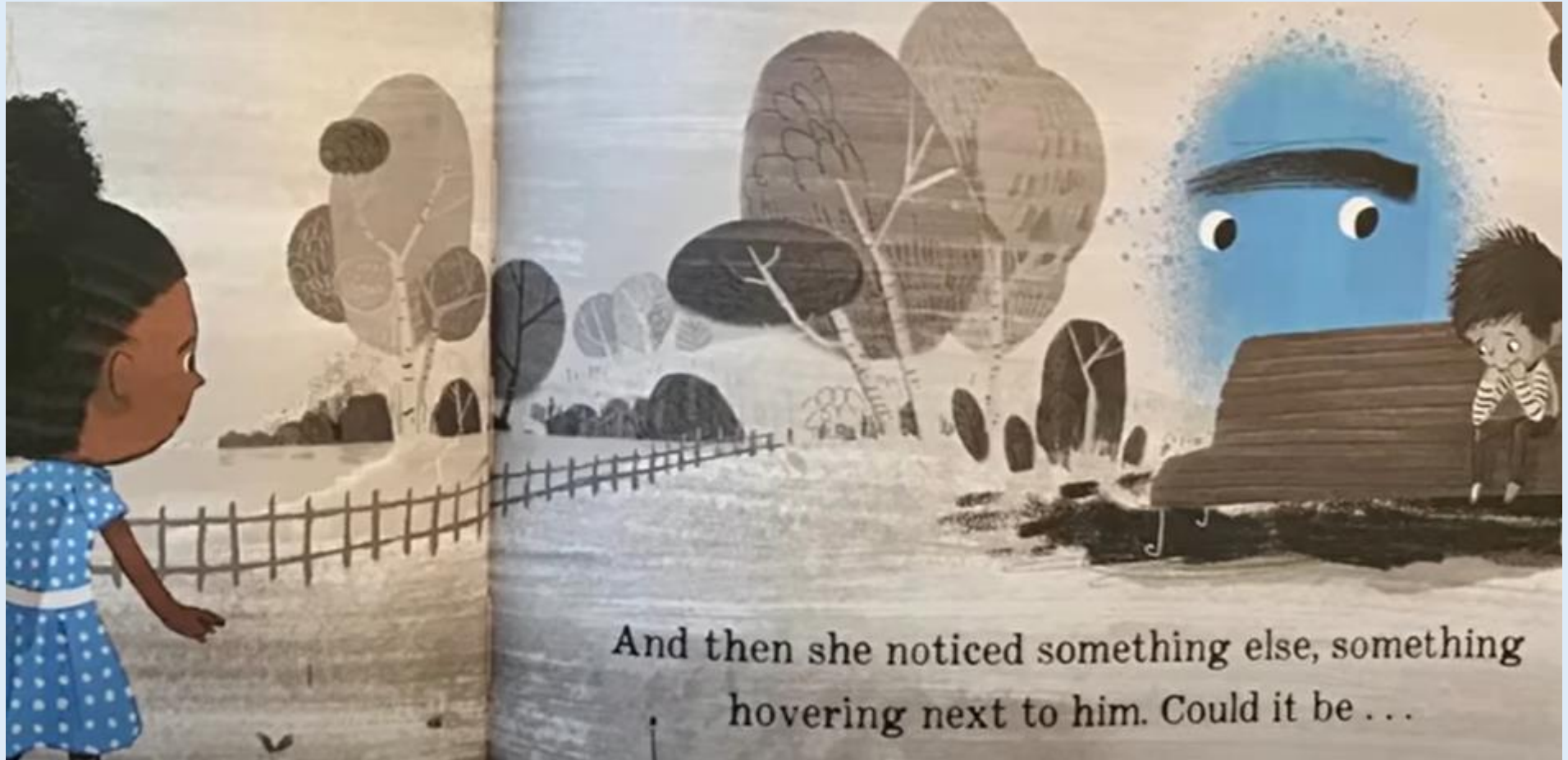




And it took up the whole row in the cinema!!



Then one day, something unexpected happened. Ruby noticed a boy sitting alone at the park. He looked really sad.



.. a worry?





Ruby realised that she  
wasn't the only one with  
worries.

Ruby asked the boy what was  
on his mind.  
As he told her, the strangest  
thing happened.  
His worry started shrinking.



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.



That wasn't the last time that Ruby had a worry.  
Everybody has them from time to time.  
But now she knows how to get rid of them they  
never hang around for very long!



We all have feelings and worries that come and go everyday. These are **small feelings.**

**grumpy**

**lonely**



**worried**

**nervous**

**sad**



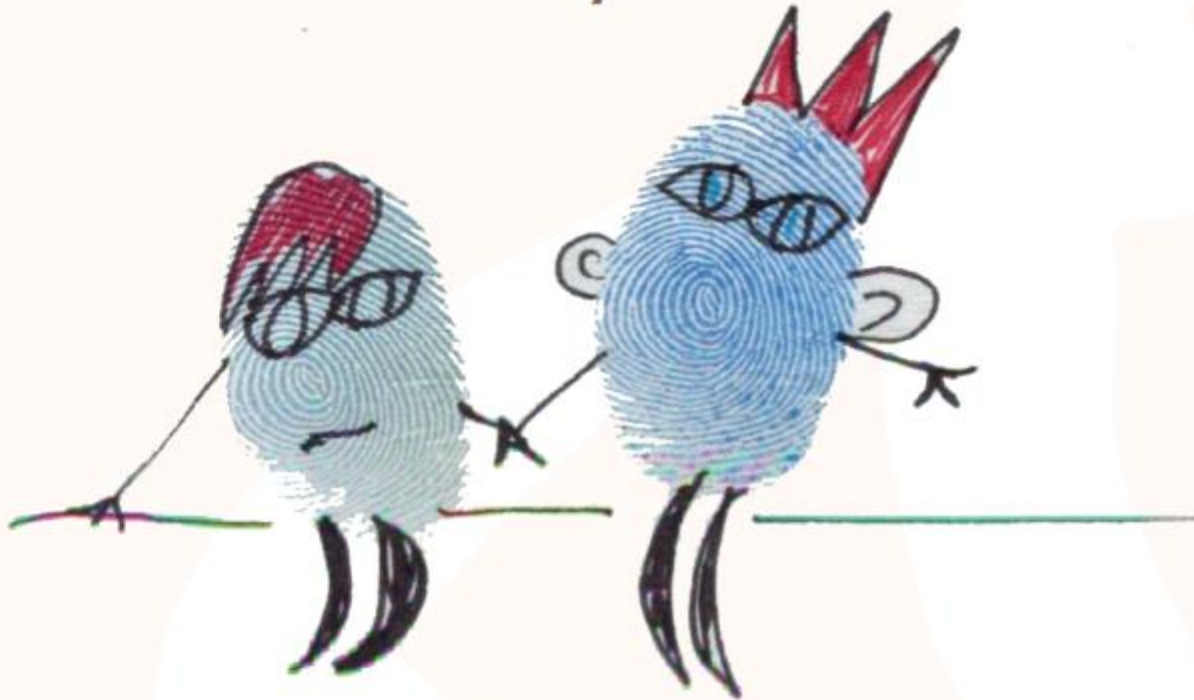
**Big feelings** are feelings that go on for a very long time and stop us doing what we want in life.



They can affect our **everyday lives**.

# TALKING

Can really help when we have a worry.....



**How** do you share your feelings?

9



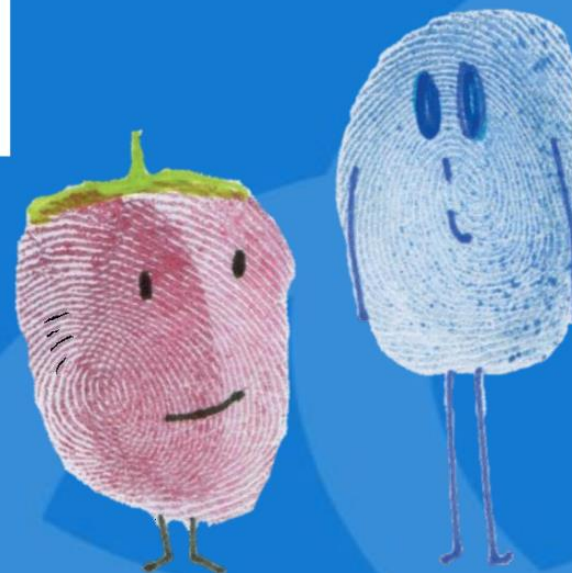
I've got something to say

You can ask a friend to listen, or a trusted adult in school or at home.

If you can't say it – you could write it down or draw it.

10

Do you have time to speak about something?



# LISTENING

What does good listening look like?







**What does good listening look like?**

...  
sit side by side

make them feel comfortable

14

always listen carefully

help them find an adult if necessary





**Remember** if your feelings are getting too big<sup>15</sup> to cope with on your own and you feel you want to change things...



**...talking to someone you trust might really help.**

**It is also important to be a trusted friend so that others know that they won't be laughed at if they share their worries.**