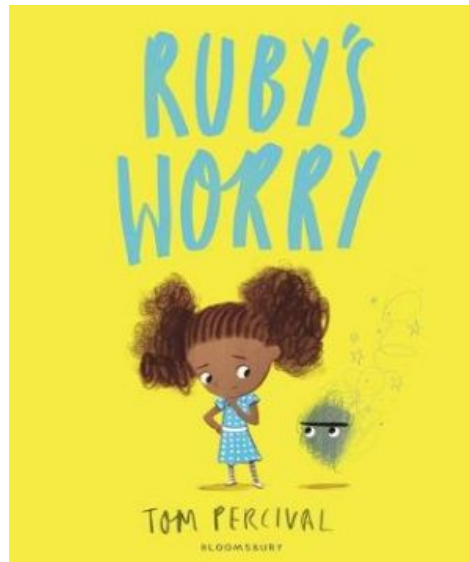


'Ruby's Worry' Activity Sheet



1. Turn to your favourite page in the book and say why you like it.
2. Choose an activity to do today that makes you happy.
3. Play Feelings Charades: choose a feeling and show the feeling by moving your face and body so someone can guess the feeling -
 - Happy
 - Sad
 - Angry
 - Surprised

