



2020

Ruby Finds A Worry

Amanda Morgan

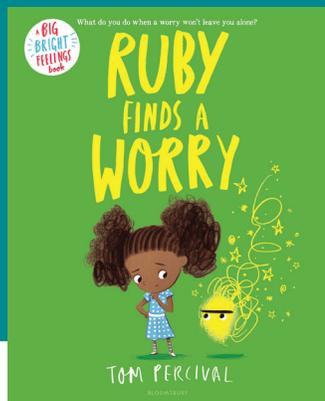
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Book Review

Ruby Finds A Worry

Author

Tom Percival

Illustrator

Tom Percival

Reviewer

Amanda Morgan

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Rating

Outstanding

Level

Preschool, Primary

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Pages

29

Year

2018

ISBN

9781547602377

Publisher

Bloomsbury
Children's Book

Ruby was perfectly happy until she found a worry. At first, the worry wasn't big, but it would follow her everywhere. Then the worry got bigger, stopping her from doing things she loved to do. Ruby begins to wonder if things would ever be normal again, and her worrying about the worry has made it huge. Then one day, she notices someone else with a worry. Learning that everyone has worries and talking with her new friend, Ruby realizes that making a worry go away isn't as hard as she thought.

This beautifully illustrated book will likely capture readers' attention and teach them a valuable lesson. Ruby's story shows that talking about what's bothering you helps in dealing with anxiety and depression. This story will also help readers understand that they need not worry about bad feelings they encounter never going away. Also included at the end is a letter by the author about how to deal with worries. The illustrations with large text and simply written sentences on each page make this book a great read-aloud and accessible to early readers.