

RUBY'S WORRY



TOM PERCIVAL

BLOOMSBURY

Dear Reader,

This is a book about a girl who can't get rid of a worry. Everyone worries about things from time to time, and it can be hard to stop. Even though we can't see our worries like Ruby can, they're here with us. Ignoring them can sometimes make them worse so here are a few questions to ask yourself when you think you have a worry stuck to you.

- ▶ What am I feeling? Sad, angry, anxious – all three?
- ▶ What could be causing me to feel this way?
- ▶ Who can I talk to about it?


No matter what you're feeling, remember that it always helps to talk about it. Be open, be honest, be YOU!

Love,

TOM







**This book is for Peregrines class at
Gastrells Community Primary School, 2017.
Thank you all for your great pictures!**

BLOOMSBURY CHILDREN'S BOOKS
Bloomsbury Publishing Plc
50 Bedford Square, London, WC1B 3DP, UK
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First published in Great Britain by Bloomsbury Publishing Plc

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A catalogue record for this book is available from the British Library

ISBN 978 1 4088 9213 8 (HB)
ISBN 978 1 4088 9215 2 (PB)
ISBN 978 1 4088 9214 5 (eBook)

1 3 5 7 9 10 8 6 4 2

Printed and bound in China by Leo Paper Products, Heshan, Guangdong
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LONDON OXFORD NEW YORK NEW DELHI SYDNEY

Ruby loved being

Ruby.





She loved to swing up high . . .



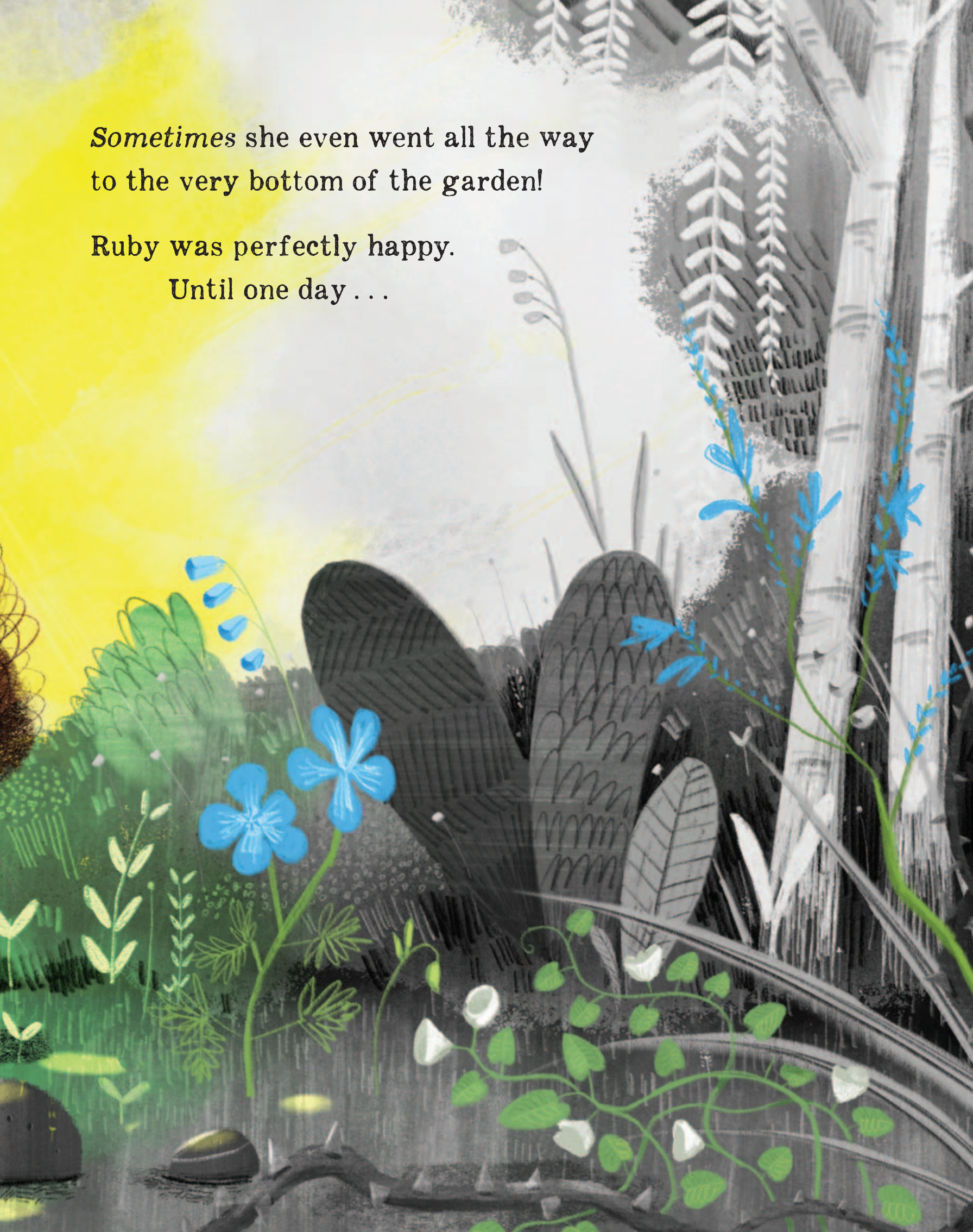
and she loved to explore
wild, faraway places.



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...





Ruby had always been happy,
perfectly happy . . .



until one day . . . she discovered a **Worry**.

A reassuring and sensitive book – the perfect springboard
for talking to children about sharing their hidden worries
no matter how big or small they may be.

Praise for *Perfectly Norman*:

“A sweet and truly uplifting story that celebrates diversity . . . and inspires children
to dare to be different and to have the courage to stand out.” *BookTrust*

BLOOMSBURY CHILDREN'S BOOKS

ISBN 978-1-4088-9215-2



9 781408 892152

£6.99 www.bloomsbury.com