

RUBY'S WORRY

Synopsis

'Ruby loved being Ruby' and was perfectly happy until she discovers a worry. Although the worry starts out small, it grows bigger and bigger day by day. Wherever Ruby goes, the worry goes too and soon it begins to stop her from doing the things she loves. She starts to worry that the worry will never go away until one day she comes across a boy who also has a worry and realises that the only way to get rid of worry is to talk about it!

Lessons and objectives

We all face worries from time to time, but if you just ignore the feeling, the worry will just become bigger and bigger and make you sad. It is much better to face it and talk about it to someone else. You might see that it wasn't too bad after all and feel much better. Not letting the worry consume you is an example of being emotional flexible.

Materials Needed

- Pre made worry box
- Paper Spots
- Pencil
- Glue Stick
- Pencil Crayons
- A5 Paper
- Scissors
- Clear Glue
- Clear Gloves
- Black Marker
- Paper cup
- Straw
- Match Boxes
- Colored Paper
- Pens

Discussion Questions

1. What does Ruby love to do?
2. What does Ruby do with her worry? What happens when Ruby ignores it?
3. How does Ruby realise what to do with a worry?
4. Have you ever had a worry? (define worry: feeling sad or anxious) What was it?
5. What do you do when you worry? Ignore or face it?
6. What are you going to do not when you are worries? Who are you going to talk to?

Activities:

1. Maths - Would you rather?
2. Worry Monster Box
3. Worry Monster
4. Confort Boxes

WORRY MONSTER BOX

Lesson Focus and Goals

Sometimes when we worry we need to tell someone. Today you going to introduce a 'Worry Monster Box' to your club. Each child will help decorate it.

Materials Needed

- Pre made worry box
- Paper Spots
- Pencil
- Glue Sticks
- Pencil Crayons

Do an Introduction

Worrying is very normal but it can distract us from our lives and make us sad. One thing that can help with worry is just to get it out of our brain by speaking about it.

As a class you will decorate your own spotted worry monster box.

Give everyone a few spots to decorate.

They should write something that you could have a worry about on the back. No one will actually see this when you stick it on the monster.

Then let them decorate the spot using circular patterns.

You can have a competition at the end of the lesson for the best design.

Then stick all the dots on your worry monster box.

Explain that this will be in the group and if there is anything that they ever need to get off their chest but they do not want to speak about in check-in they can write it down on the worry card and put it in the box. The worry monster will help to 'eat up' their worry.

Patterned Dot ideas:



Monster Worry Box:



WORRY MONSTER

Lesson Focus and Goals

Today the children will make their own worry monster. In the story the more Ruby thought of her worry the more it grew. To remind us of this we will make a worry monster that grows when we blow breath into it.

Materials Needed

- A5 Paper
- Scissors
- Glue Stick
- Clear Glue
- Clear Gloves
- Black Marker
- Paper cup
- Straw

Activity - Worry Monster

Step 1: Make eyes for the worry monster by cutting out 5 circles and 15 small rectangles for the eyelashes.

Step 2: Stick the eyes and eyelashes together

Step 3: Using the clear glue stick it on the top of the fingers of the glove

Step 4: Tape the bottom of the glove to a paper cup

Step 4: Make a hole with sissors to fit a straw through

Step 6: Stick your straw through and blow up your monster.



COMFORT BOXES

Lesson Focus and Goals

Today they will make comfort boxes. When you have worries it is important to shift your perspective. Even though we will start with worry boxes today you can do comfort boxes for other emotions too.

Materials Needed

- Match Boxes
- Felt tip pens
- Scissors
- Colored Paper
- glue stick
- Pens

Activity 1 - Comfort boxes

Explain to the children that the comfort boxes can be used to shift their perspective when they feeling a strong emotion. They can make many boxes for their different emotions but today we will make boxes for anxiety/worry.

They can cover the front of the match box by sticking paper down and they can stick paper in the match box too if they like.

Next they should right the emotion on the front of the box and decorate nicely. (Write worry or anxiety)

Write some encouraging sayings about worrying on our board. Then inside the match box they can choose one of the phrases to write to encourage them to shift their perspective.



Some sayings to write on your board:

- ' Let it go'
- 'Everything is going to be okay'
- 'Breathe, it will pass'
- 'God has got you'
- 'Worry less, Dance more'
- 'Go ask for a hug'
- 'Share your feelings with a friend'