

## Objective

By the end of this lesson, you will be able to express your worries through art and learn about the importance of talking about your feelings.

## Materials and Prep

Materials needed: paper, crayons or markers, and a copy of the book "Ruby Finds a Worry" by Tom Percival.

Make sure to read the book "Ruby Finds a Worry" before starting the activities.

## Activities

- **Create Your Worry Monster:** Draw a picture of a worry monster, representing your worries. Give it a name and color it in.
- **Express Your Feelings:** Draw how you feel when you have a worry. Use colors to show different emotions.
- **Share Your Art:** Share your drawings with a family member or friend. Explain what your worry monster represents.

## Talking Points

- It's okay to feel worried sometimes. Remember, worries are like clouds in the sky; they come and go. You are not alone in feeling this way.
- When we talk about our worries, it helps us feel better. Just like Ruby in the story, sharing our feelings can make a big difference.
- Your worry monster drawing is a way to express your feelings creatively. You can give your worry a name and imagine it shrinking as you talk about it.