

# Worries, Worries Everywhere—Make Them Disappear by Showing You Care!

Inspired by *Ruby Finds a Worry*

Draw and color a picture of you and your Worry, and what you could do to make your Worry disappear.



A large empty rectangular box for drawing and coloring.

**One Step Further:** If you had a friend who had a Worry, how would you help them? What would you say to them? After finishing this activity, share your worries with a friend and listen to their worries—just like Ruby does in the book!—to make both of your worries grow smaller or disappear!