

Ruby Finds a Worry Discussion Guide

LEARNING OBJECTIVE:

Use *Ruby Finds a Worry* to teach students the social-emotional skill of coping with the things that worry us.

FORMS OF ASSESSMENT:

Discussion Questions + Activity

INSTRUCTIONS:

1. Read the book *Ruby Finds a Worry* aloud to your class, or meet with students after each student has independently read *Ruby Finds a Worry*.
2. Assess your students by asking them the following questions:
 - What is a Worry?
 - How does Ruby find her Worry?
 - What happens the more Ruby thinks about her Worry?
 - What does Ruby see when she spots the boy on the bench?
 - What does she say to him?
 - How does Ruby make sure her Worry doesn't bother her anymore?
 - What do you think about how Ruby handled her Worry?
3. Host a class discussion.
4. Share the classroom activity printout as a follow-up to your discussion.

