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The beloved picture book about what to do when a worry won't leave you at alone perfect for reassuring young readers in times of stress. Meet Ruby a happy, curious, imaginative young girl. But one day, she finds something unexpected a Worry. It's not such a big Worry, at first. But every day, it grows a little bigger . . . and a little bigger Until eventually, the Worry is ENORMOUS and is all she can think about. But when Ruby befriends a young boy, she discovers that everyone has worries, and not only that, there's a great way to get rid of them too...she just has to share her feelings. This perceptive and poignant story is the perfect springboard for talking to children about emotions and anxieties. The Big Bright Feelings picture book series provides kid-friendly entry points into emotional intelligence topics from being true to yourself to dealing with worries, managing anger, and making friends. These topics can be difficult to talk about. But these books act as sensitive and reassuring springboards for conversations about mental and emotional health, positive self-image, building self-confidence, and managing feelings. Read all the books in the Big Bright Feelings series! Ruby Finds a Worry Perfectly NormanRavi's RoarMeesha Makes FriendsTilda Tries Again

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