



Ruby and the Rubbish Bin: A Story for Children with Low Self-Esteem (Helping Children with Feelings)

Margot Sunderland

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(A story for children with low self-esteem) Ruby hates herself so much that she often feels more like a piece of rubbish than a little girl. Children at school bully her. Sometimes Ruby feels so miserable that she wants to sleep and sleep and never wake up again. Then one day, Ruby meets Dot the lunchtime lady, When Ruby feels Dot's kindness and understanding, something warm happens in Ruby's tummy. Over time, Dot helps Ruby to move from self-hate to self-respect. In fact Dot's smile makes Ruby feel like a princess. After a very important dream, and help from Dot, Ruby decides enough is enough. She finds her voice and her anger, and stands up to the bullies. She makes new friends and knows what it's like to feel happy for the first time in her life.

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