

Upset by the News

Symbol Book



Upset by the News

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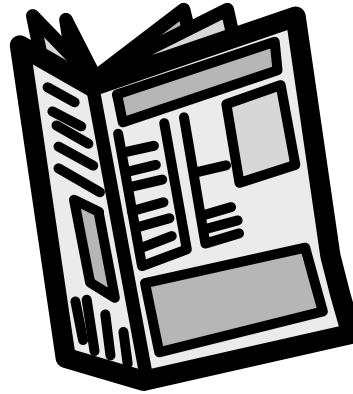
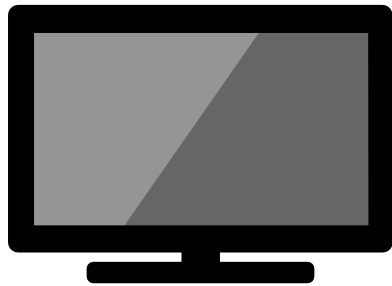
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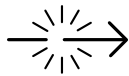
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When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

to

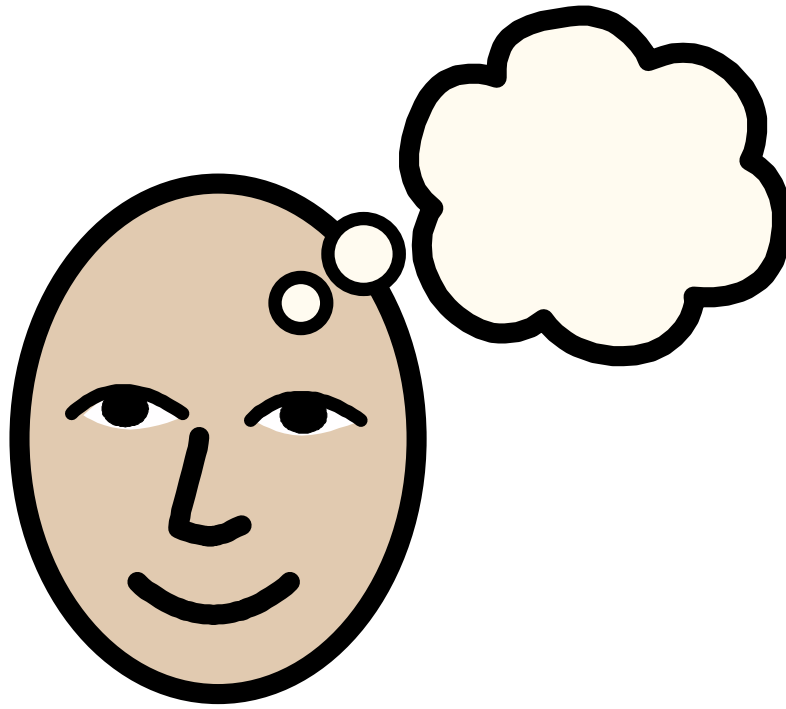


feel

a bit



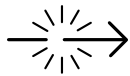
scared.



When



bad things



happen



in



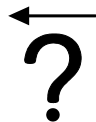
the news;



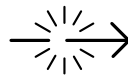
It is normal



to think



why did



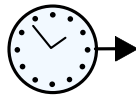
this happen?



It is normal



to think



will



this happen

to



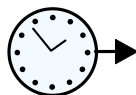
me?



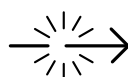
It is normal



to think



will

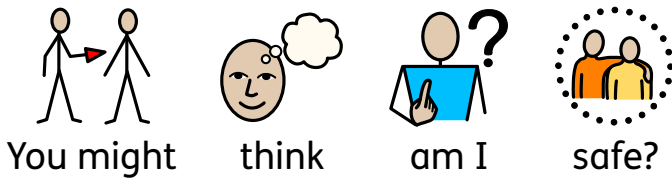


this happen

to someone I



know?



You might

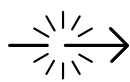
think

am I

safe?



Remember



events like this

=

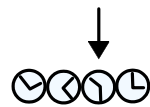


sad

but



very



rare.



It is in

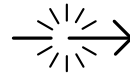


the news

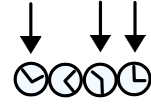
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it does not



happen



often.



It is in

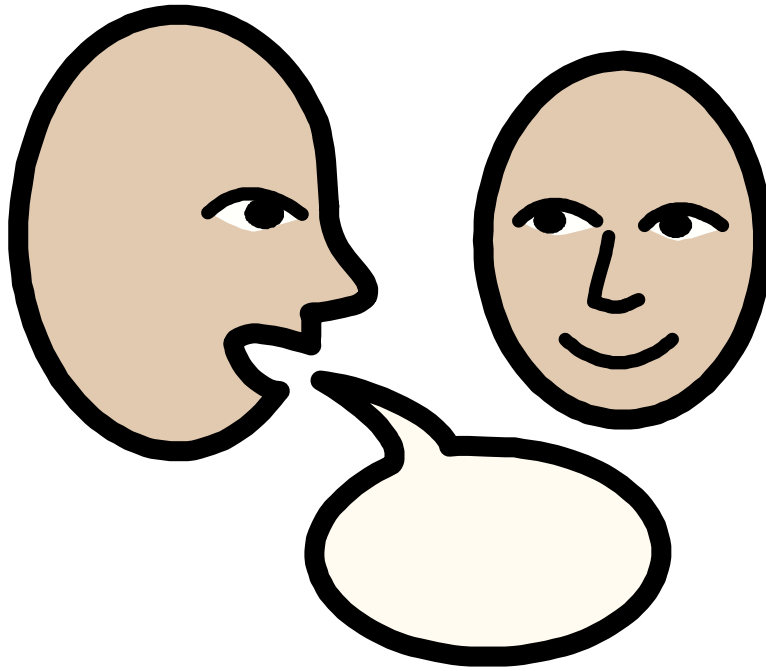


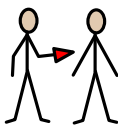

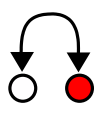


the news

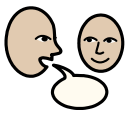
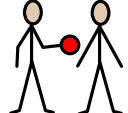

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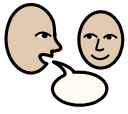
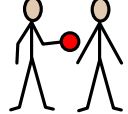
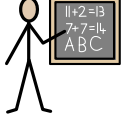


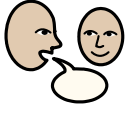

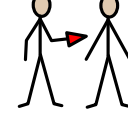
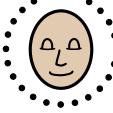
it is important.



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If you are sad or anxious you can;




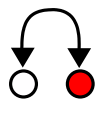

•   
Talk to your parents.



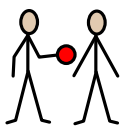
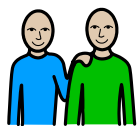
•   
Talk to your teacher.

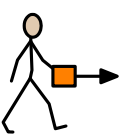


•    
Talk to an adult you trust.



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If you feel sad about the news here are some tips;

•   =   
Do something you enjoy like reading or drawing.

•    
Spend time with your friends.

•   
Take your pet for a walk.