Coping with Upsetting Stories in the News

The news helps us to know about what is happening in the world.

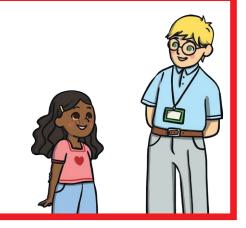
Sometimes, a news story might worry us and make us feel sad. This is OK but it is important to know what to do if we feel this way. Draw or write your thoughts in the spaces.

When you see, hear or read an upsetting news story...



When we have uncomfortable feelings, it is important we talk to an adult we trust.

Who could you talk to?









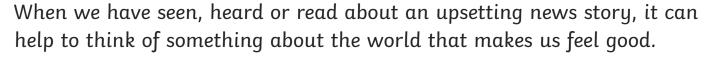


What would you do to help you let your feelings out?



We can do things to help us settle and feel calmer. Some people might do some colouring or a jigsaw puzzle and others might go for a walk or play outside.

What would you do to help you settle and feel calmer?



What makes you feel good about the world?



Do you have any questions?







