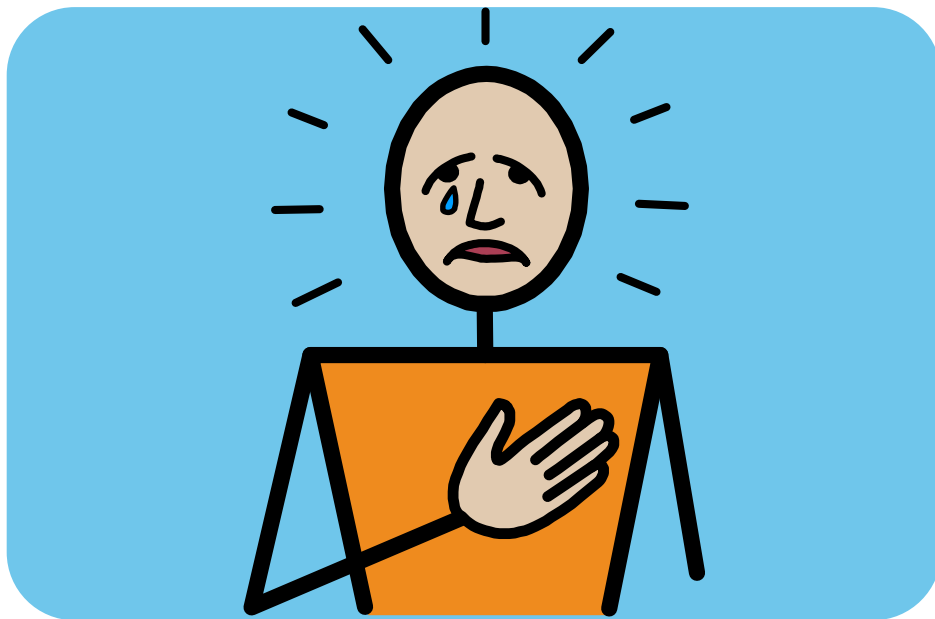


Upset by the News

Symbol Book



Upset by the News

Published by Widgit Software

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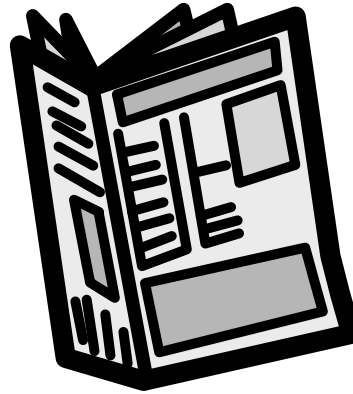
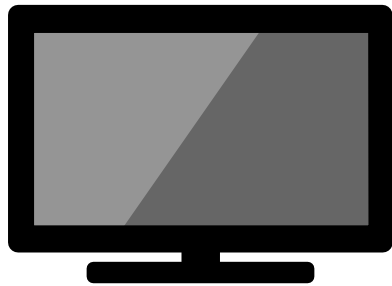
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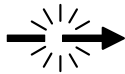
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When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

to

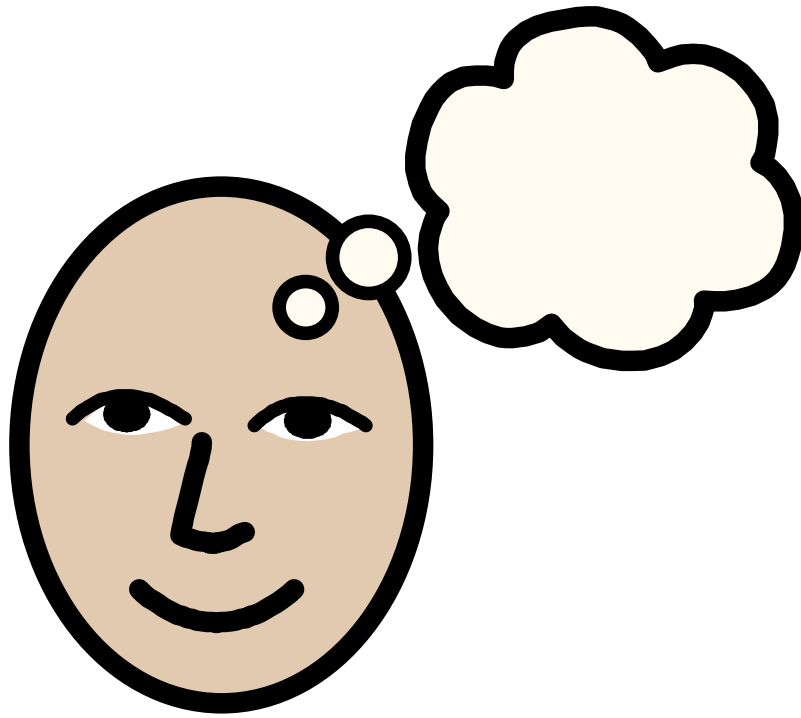


feel

a bit



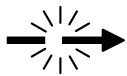
scared.



When



bad things



happen



in



the news;



It is normal



to think



why did



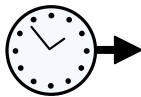
this happen?



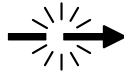
It is normal



to think



will



this happen

to



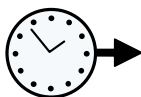
me?



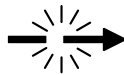
It is normal



to think



will

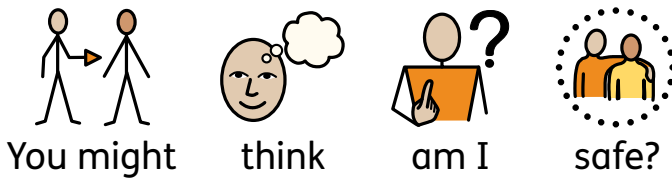
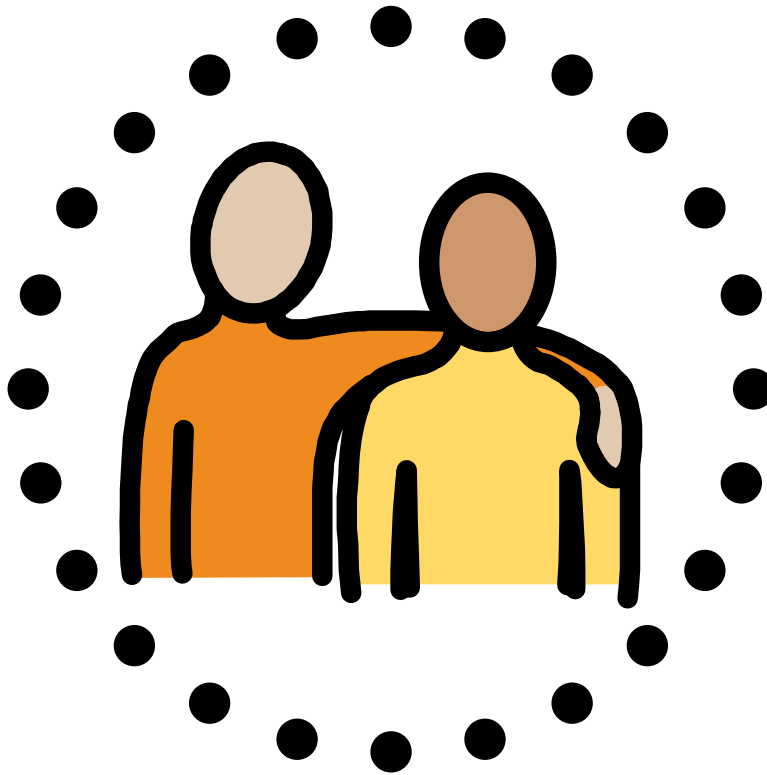


this happen

to someone I



know?

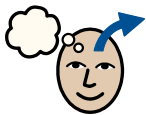


You might

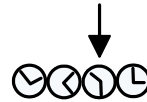
think

am I

safe?



=



Remember

events like this

are

sad

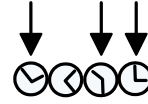
but

very

rare.



=



It is in

the news

because

it does not

happen

often.



=

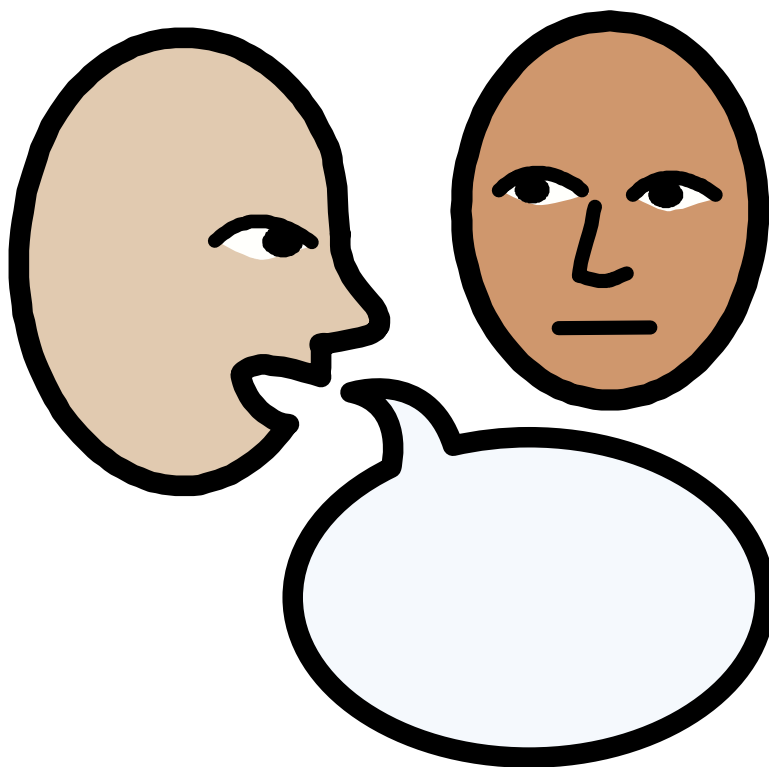


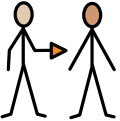

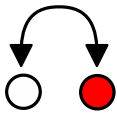


It is in

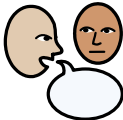
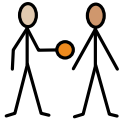

the news

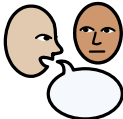
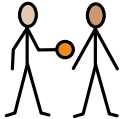

because

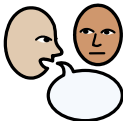
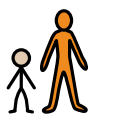
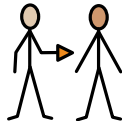
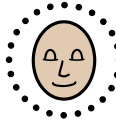
it is important.



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 If you are sad or anxious you can;

  
 • Talk to your parents.

  
 • Talk to your teacher.




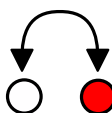

   
 • Talk to an adult you trust.





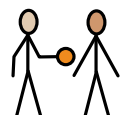
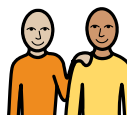



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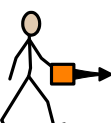



 If you feel sad about the news here are some tips;



 =
 



 • Do something you enjoy like reading or drawing.

 • Spend time with your friends.

 • Take your pet for a walk.