

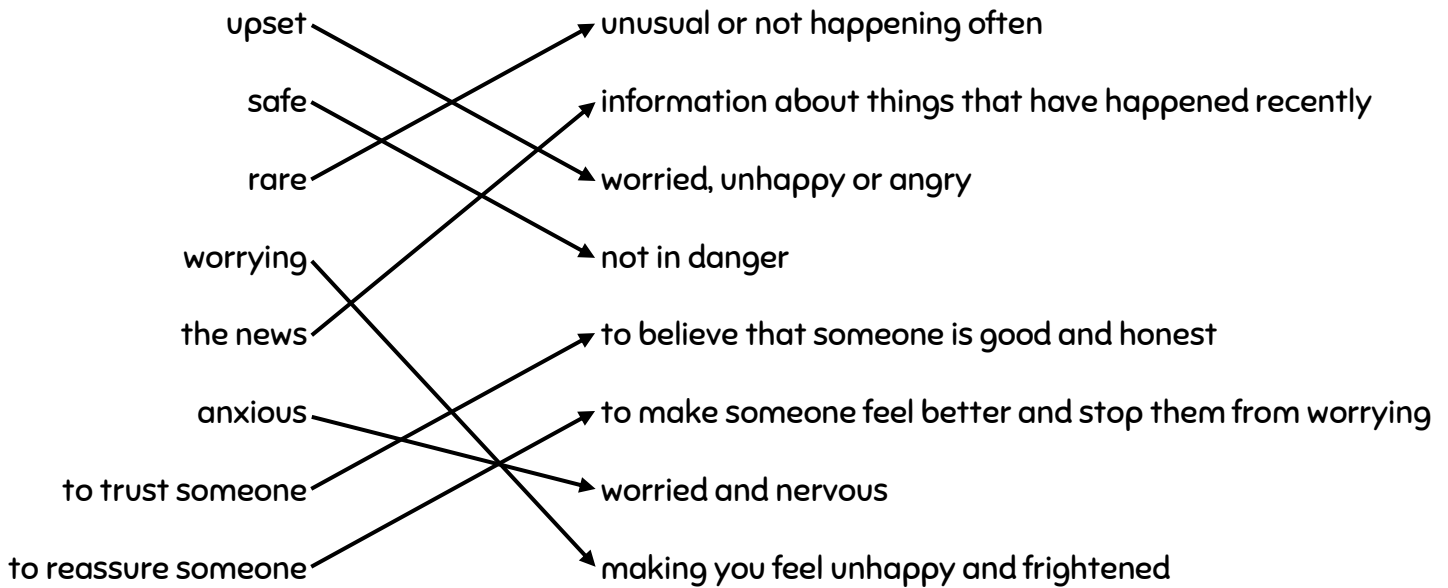


Advice if you're upset by the news - ANSWERS

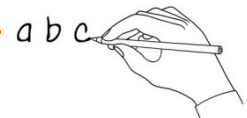
1. Match them up!



Match the words with the definitions.



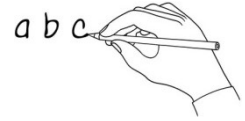
2. Fill it in!



Watch the video. Complete the sentences.

sad	normal	feel better	the news	adult
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- It's totally normal to feel upset and worried.
- Worrying stories are in the news because they don't happen very often.
- What should you do if you're feeling sad or anxious?
- You can speak to your parents, a teacher or an adult you can trust.
- Adults can reassure you and help you feel better.



3. What's the order?

Watch the video. Put the words in the correct order.

- a. did Why happen? this

Why did this happen?

- b. and friends? my family happen to Could this

Could this happen to my family and friends?

- c. safe? I Am

Am I safe?

- d. very rare. like this Events are

Events like this are very rare.

- e. about Talk it.

Talk about it.

- f. are to help. there Most people

Most people are there to help.

4. Write and draw!

Children write about whether they watch, listen to or read the news and who they talk about it with and draw a picture.

