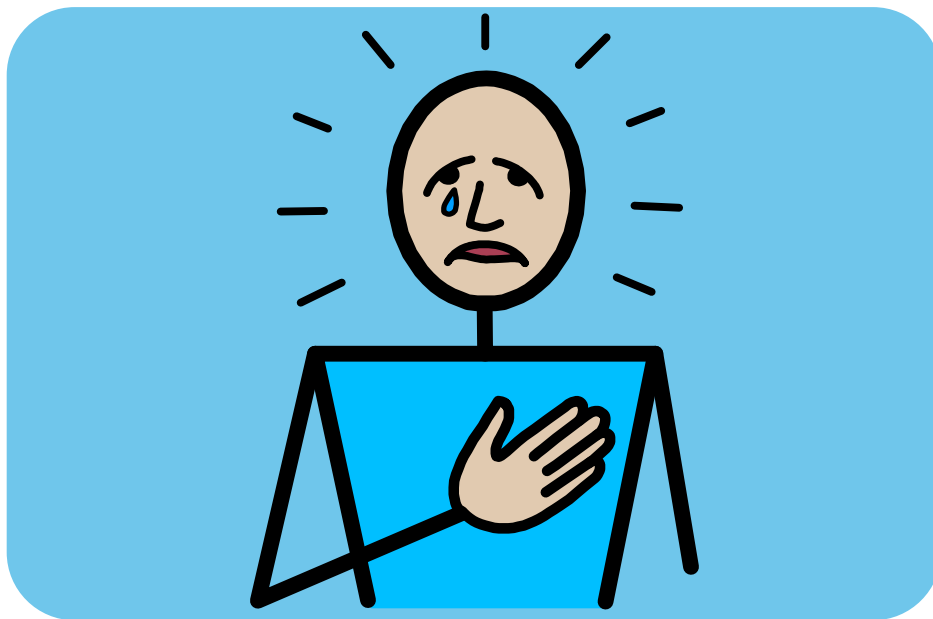


# Upset by the News

## Symbol Book



# Upset by the News

Published by Widgit Software

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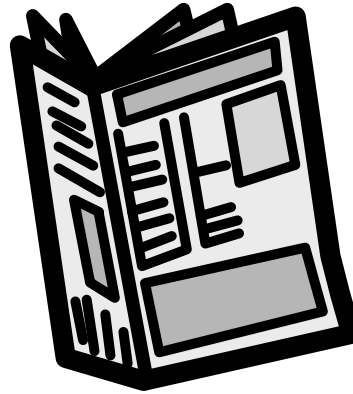
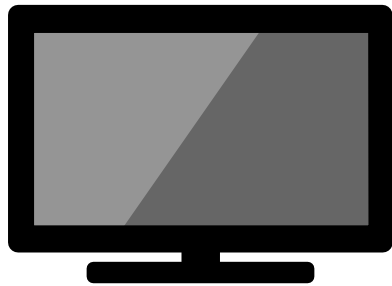
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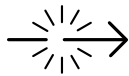
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When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

to

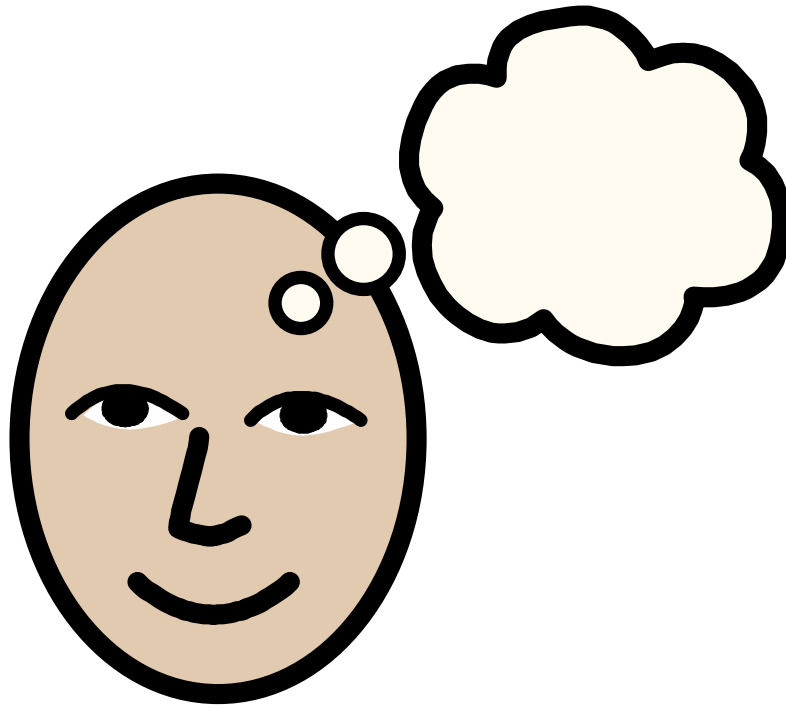


feel

a bit



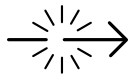
scared.



When



bad things



happen



in



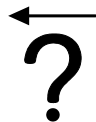
the news;



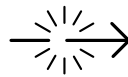
It is normal



to think



why did



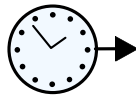
this happen?



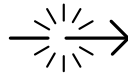
It is normal



to think



will



this happen

to



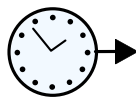
me?



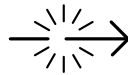
It is normal



to think



will

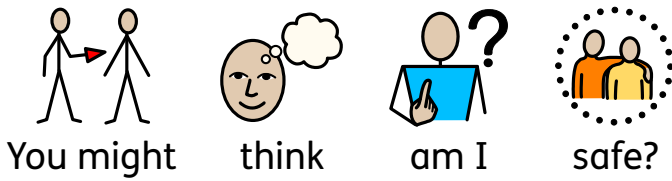
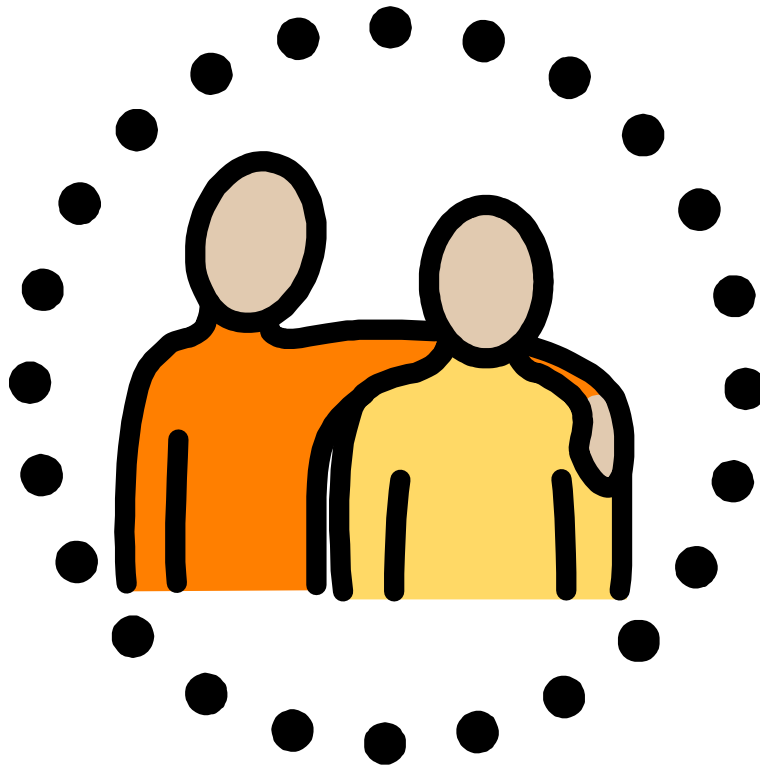


this happen

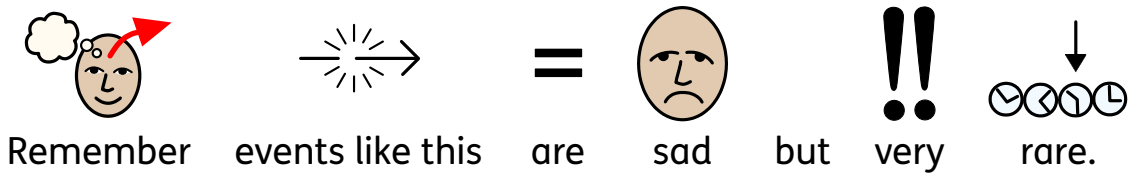
to someone I



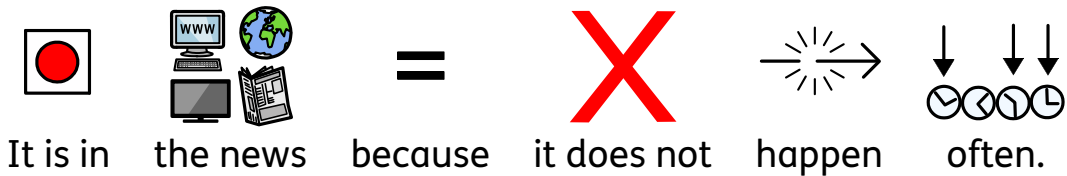
know?



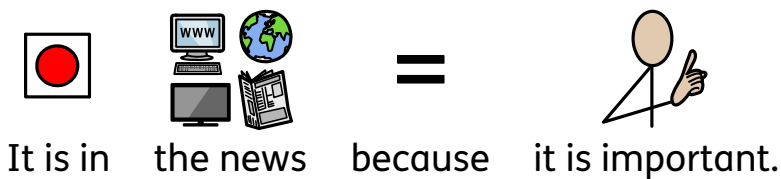
You might think am I safe?



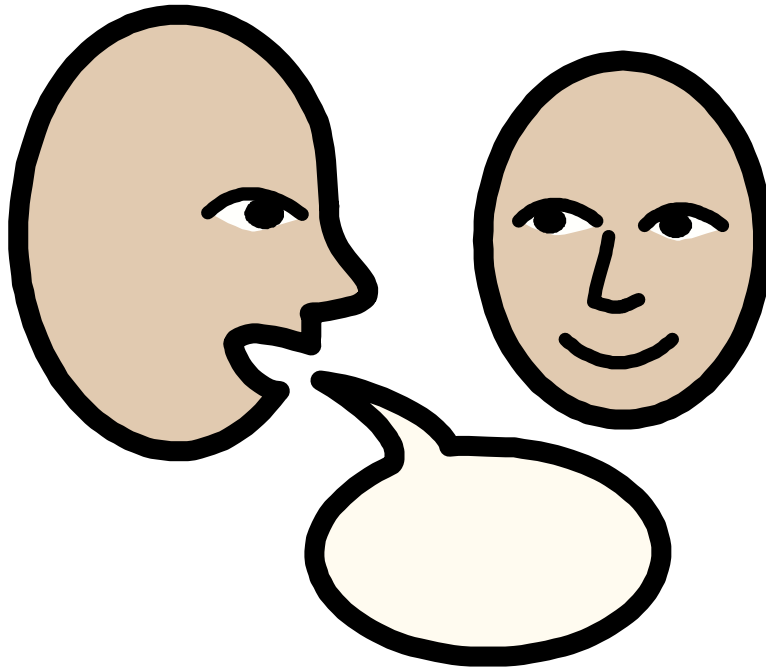
Remember events like this are sad but very rare.

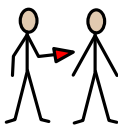

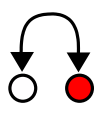




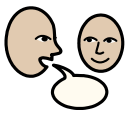
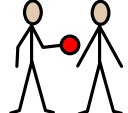

It is in the news because it does not happen often.

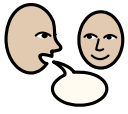
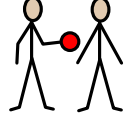
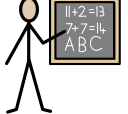


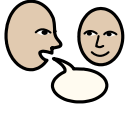

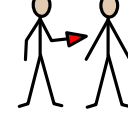
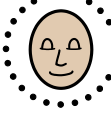
It is in the news because it is important.



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 If you are sad or anxious you can;




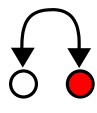



  
 • Talk to your parents.



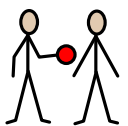
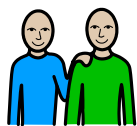


  
 • Talk to your teacher.

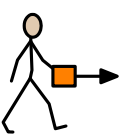





  
 • Talk to an adult you trust.



   =    
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.