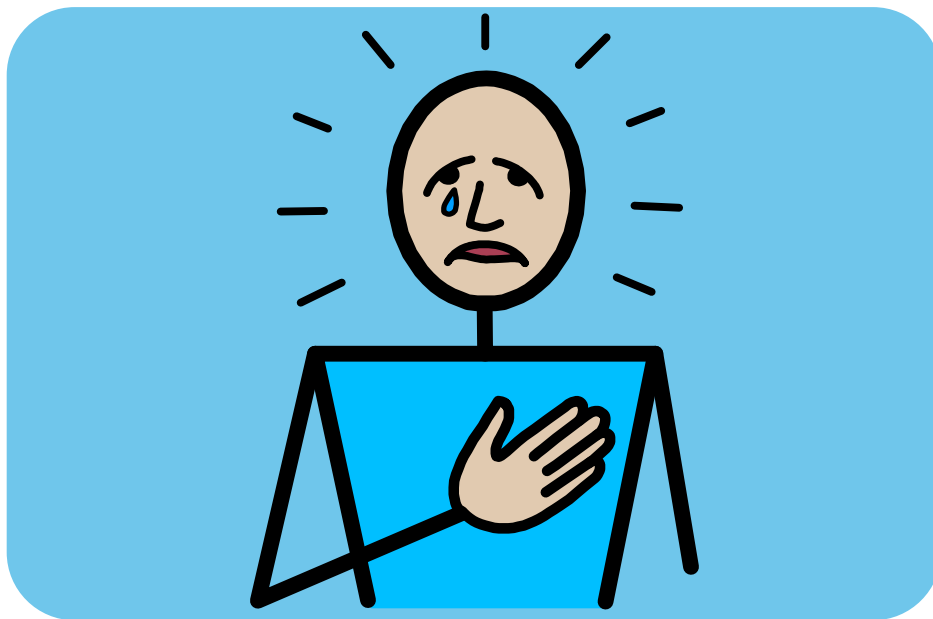


Upset by the News

Symbol Book



Upset by the News

Published by Widgit Software

© Widgit Software 2017

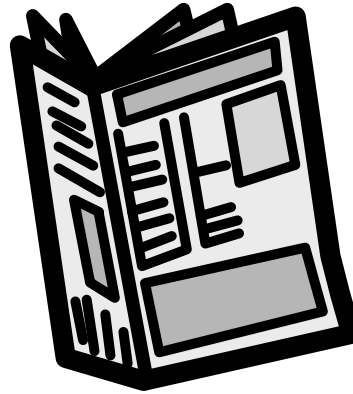
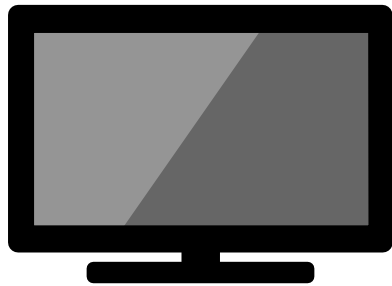
This book is available electronically from

www.widgit.com/resources

Written and published by:

Widgit Software
26 Queen Street
Cublington
Leamington Spa
CV32 7NA

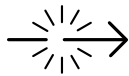
All of the materials are copyright. Files and documents printed from those files may be used within the purchasing organisation. They may not be passed to other centres.



When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

to

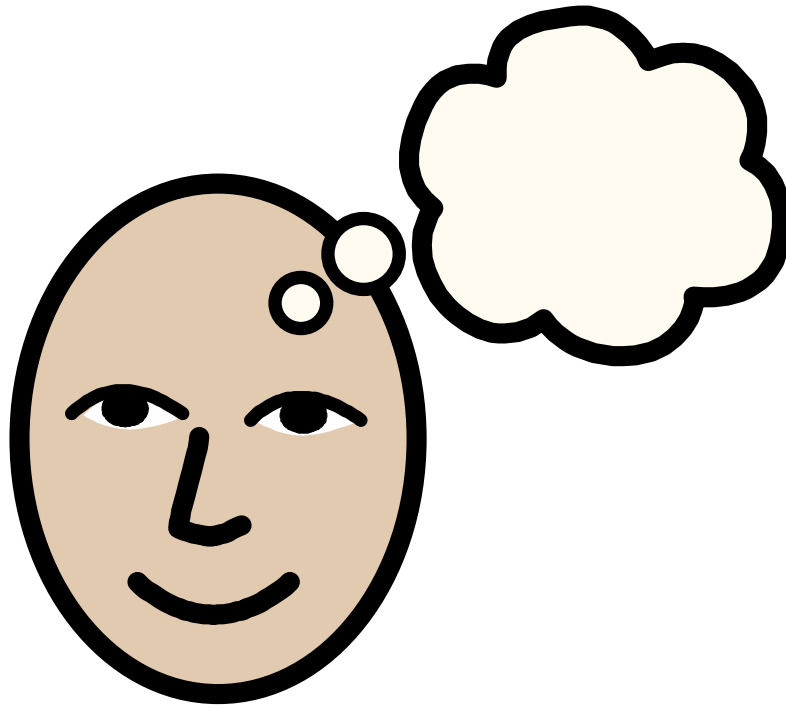


feel

a bit



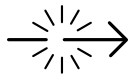
scared.



When



bad things



happen



in



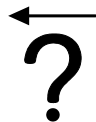
the news;



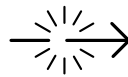
It is normal



to think



why did



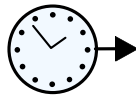
this happen?



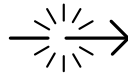
It is normal



to think



will



this happen

to



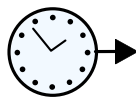
me?



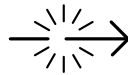
It is normal



to think



will

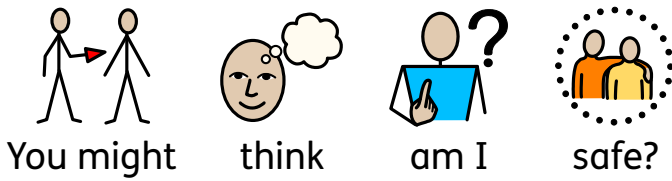
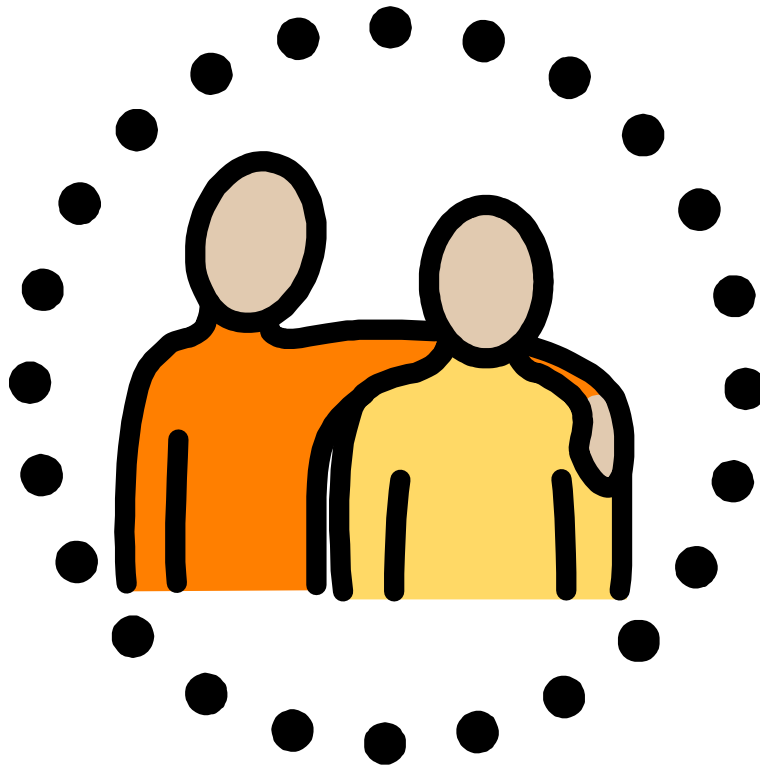


this happen

to someone I



know?



You might

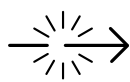
think

am I

safe?



Remember



events like this



are

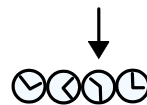


sad

but



very



rare.



It is in



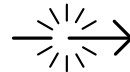
the news



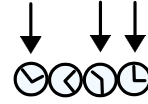
because



it does not



happen



often.



It is in



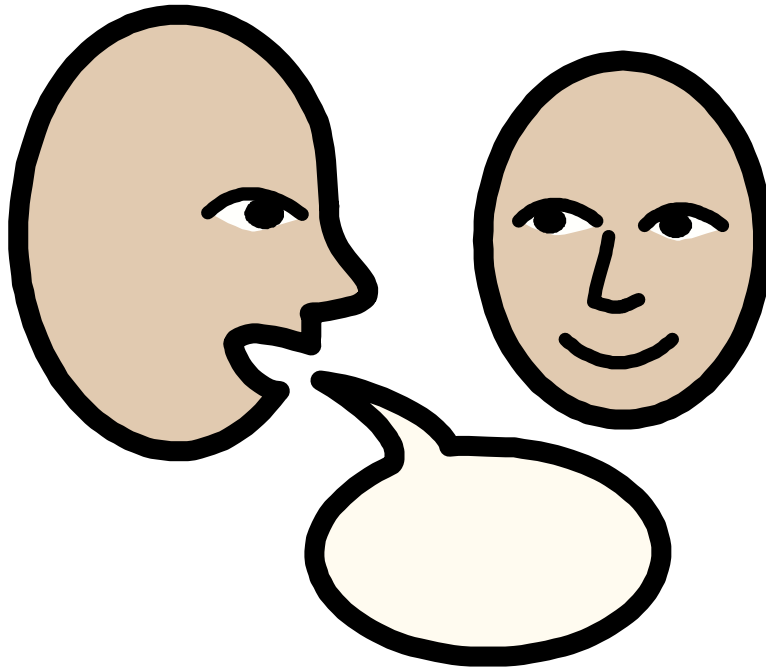
the news

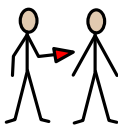

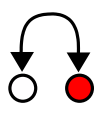




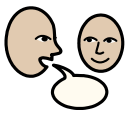
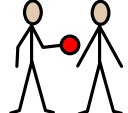

because

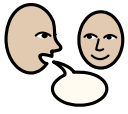
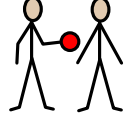
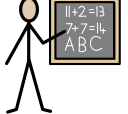


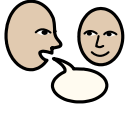

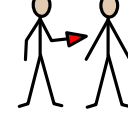
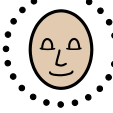
it is important.



 =    
If you are sad or anxious you can;




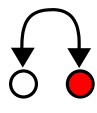

•   
Talk to your parents.



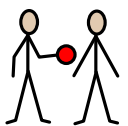
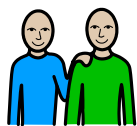
•   
Talk to your teacher.

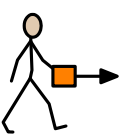


•    
Talk to an adult you trust.



   =  
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.