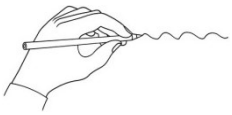
Advice if you're upset by the news – ANSWERS



1. Match them up!

Match the words with the definitions.

upset	making you feel unhappy and frightened
safe	information about things that have happened recently
worrying	worried, unhappy or angry
the news	not in danger
anxious	to believe that someone is good and honest
to trust someone	to make someone feel better and stop them from worrying
to reassure someone	worried and nervous

2. Fill it in!

Watch the video. Complete the sentences.

sad	~~normal~~	feel better	the news	adult

a. It's totally _____normal_____ to feel upset and worried.

b. Worrying stories are in _____the news_____ because they don't happen very often.

c. What should you do if you're feeling _____sad_____ and anxious?

d. You can speak to your parents, a teacher or an _____adult_____ you can trust.

e. Adults can reassure you and help you _____feel better_____.

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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 often. like this Events don't happen

Events like this don't happy very often.

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.

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