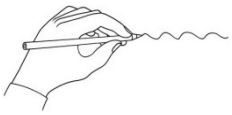
Advice if you're upset by the news



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 _____ because they don't happen very often.

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

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

e. Adults can reassure you and help you _____.

© British Council, 2020 The United Kingdom's international organisation for educational opportunities and cultural relations. We are registered in England as a charity.

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

c. safe? I Am

d. very often. like this Events don't happen

e. about Talk it.

f. are to help. there Most people

4. Write and draw!

Do you watch, listen to or read the news? Who do you talk about it with? Write about it and draw a picture.

.....

.....

.....

.....

.....

© British Council, 2020 The United Kingdom's international organisation for educational opportunities and cultural relations. We are registered in England as a charity.