



Advice if you're upset by the news

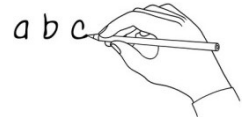
1. Match them up!



Match the words with the definitions.

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

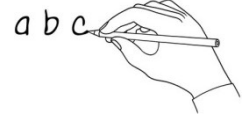
2. Fill it in!



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 _____ because they don't happen very often.
- What should you do if you're feeling _____ or anxious?
- You can speak to your parents, a teacher or an _____ you can trust.
- Adults can reassure you and help you _____.



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

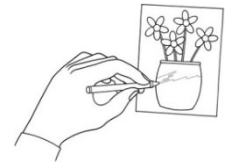
d. very rare. like this Events are

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.



Large empty box with horizontal dotted lines for writing and drawing.