Advice if you’re upset by the news

1. Match them up!
Match the words with the definitions.

- upset: unusual or not happening often
- safe: information about things that have happened recently
- rare: worried, unhappy or angry
- worrying: not in danger
- 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.

<table>
<thead>
<tr>
<th>sad</th>
<th>normal</th>
<th>feel better</th>
<th>the news</th>
<th>adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>It’s totally _______ normal _______ to feel upset and worried.</td>
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<td>b.</td>
<td>Worrying stories are in ______________________ because they don’t happen very often.</td>
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<tr>
<td>c.</td>
<td>What should you do if you’re feeling ______________________ or anxious?</td>
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<td>d.</td>
<td>You can speak to your parents, a teacher or an ______________________ you can trust.</td>
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<td>e.</td>
<td>Adults can reassure you and help you ______________________.</td>
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</table>
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.

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