

## The News



Sometimes things happen in the news that make you feel sad, anxious or confused.



In the news at the moment we are hearing that Russia has attacked Ukraine and these two countries are fighting. Many people in these countries are scared and are suffering.



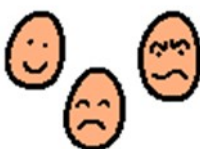
It is important to know that the world is a big place. Russia and Ukraine are a long way away. The fighting is not happening near us.



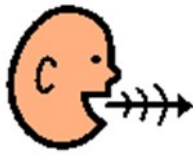
You may want to watch a news programme such as 'Newsround' that will help you understand what is happening in these countries. The news about Russia and Ukraine is very confusing and changing all the time.



It is also ok to turn off the news and do something different.



When you see or hear stories in the news that are sad or upsetting you may feel worried, scared or sad. You might feel confused. All feelings are ok.



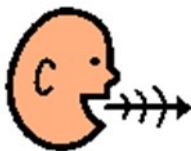
If the news has upset you, talk to an adult or a family member who you trust. It is important to share how you are feeling.



You can write about how you are feeling. You can do some art to express how you are feeling. You can listen to music. You may find other ways to say how you are feeling.



It is also good to do activities that make you feel calm.



Remember to keep talking to someone you trust about how you are feeling.