

# Upset by the Coronavirus News

Symbol Book



 **Widgit**

# Upset by the News

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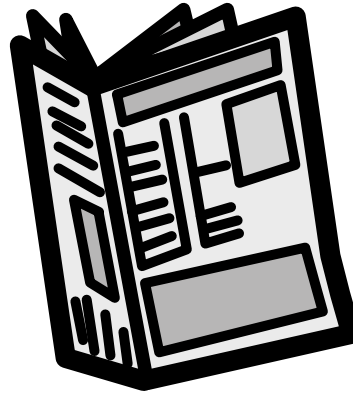
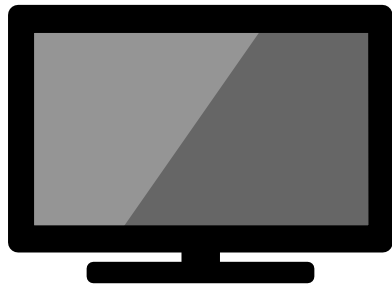
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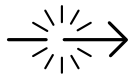
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When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

to

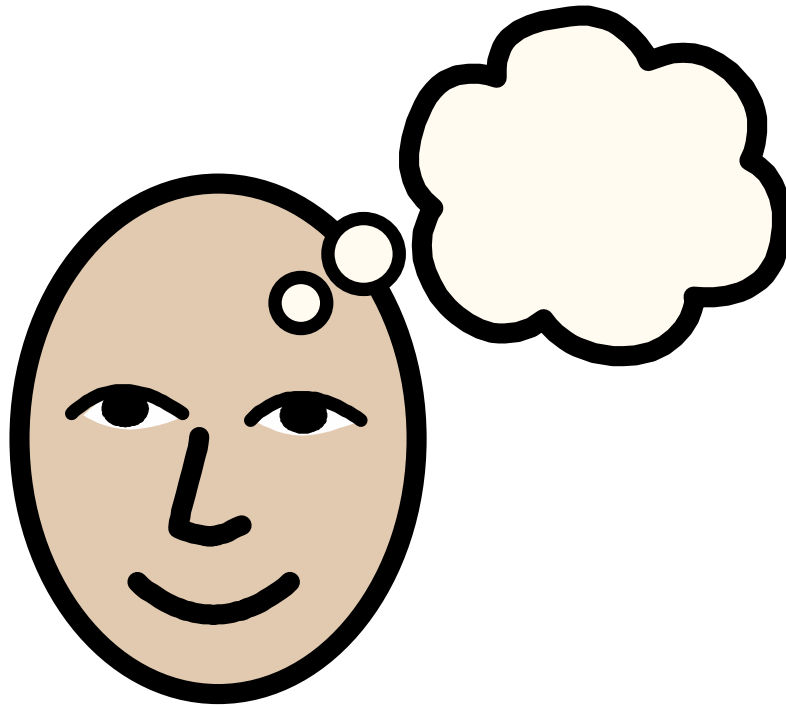


feel

a bit



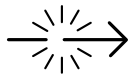
scared.



When



bad things



happen



in



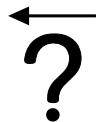
the news;



It is normal



to think



why did



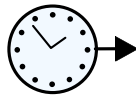
this happen?



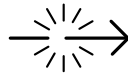
It is normal



to think



will



this happen

to



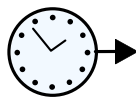
me?



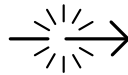
It is normal



to think



will

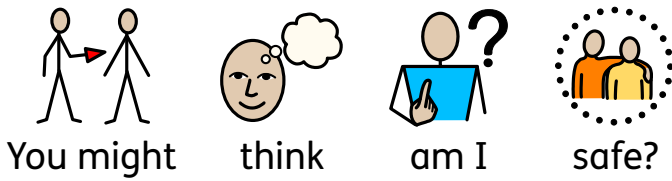


this happen

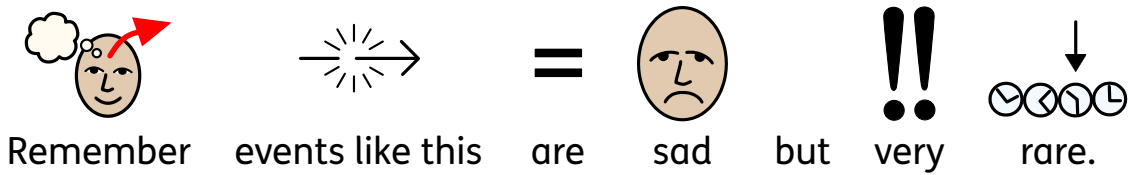
to someone I



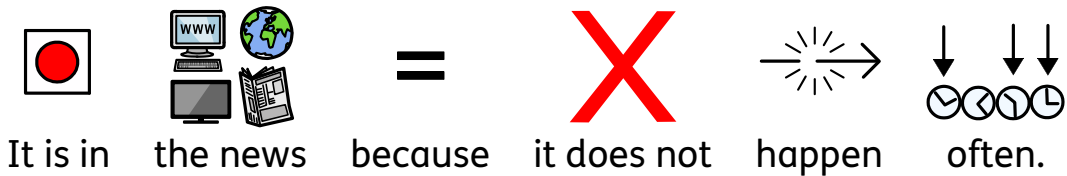
know?



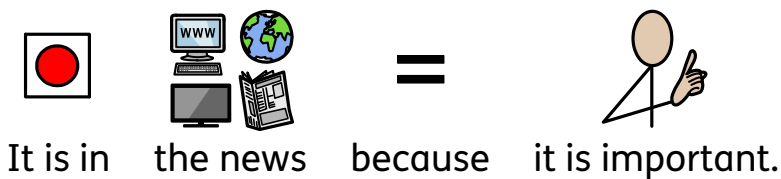
You might think am I safe?



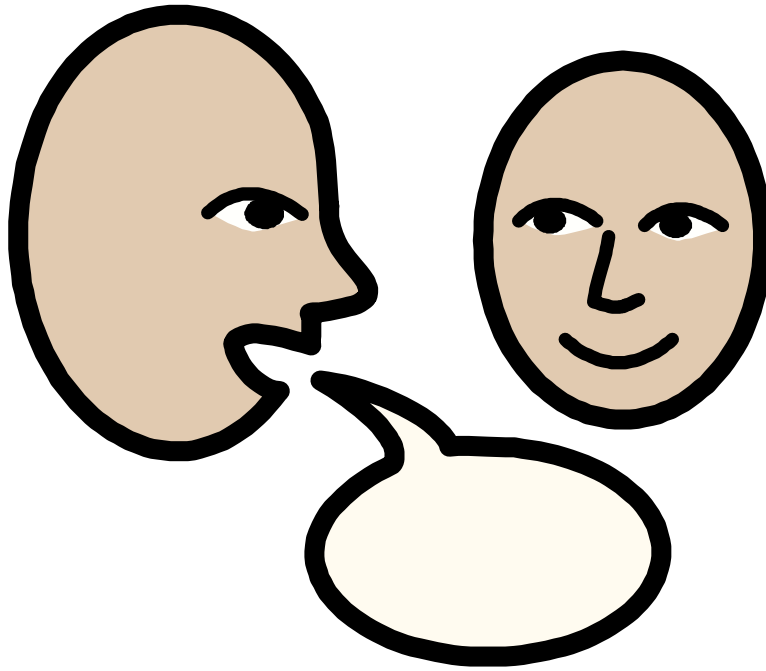
Remember events like this are sad but very rare.

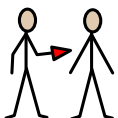

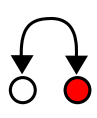




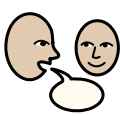
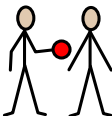

It is in the news because it does not happen often.

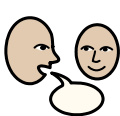
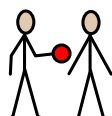
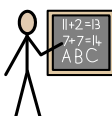

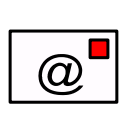


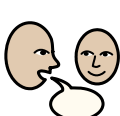

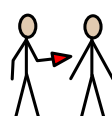
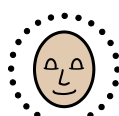

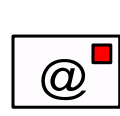
It is in the news because it is important.



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 If you are sad or anxious you can;





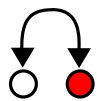



  
 • Talk to your parents.



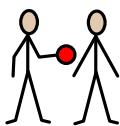
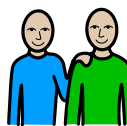





  
 • Talk to your teacher on the phone or email.






  
 • Talk to an adult you trust on the phone or email.



 If you  feel sad  about the news  here are  some  tips;

•  Do something you  enjoy  like  reading  or  drawing.

•  Spend time  with  your  friends  online .

•  Take your  pet  for a walk,  keeping 2 metres apart.