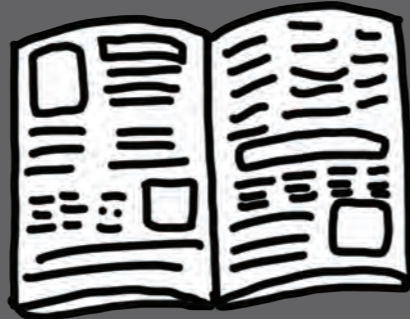


IN THE NEWS

News stories about things that happen in the world often make people feel sad, anxious or confused. It's OK to have these feelings - you won't be the only one. Here's what to remember:

It's called NEWS because it's rare. These terrible things are on the news because they do not happen very often.



YOU ARE SAFE
Look around you right now. You're safe. Ask for a hug or a chat.

SHARE YOUR WORRIES
Talk about it with an adult you trust at home or school and share what's troubling you.

IT'S OK
Being sad, worried or angry about it is OK and normal. Adults get sad and confused about these things, too.

IT'S NOT THE WHOLE STORY

THE WORLD IS A GREAT PLACE AND SO MANY WONDERFUL THINGS HAPPEN EVERY DAY. LOOK FOR THE KIND PEOPLE WHO DO GENEROUS AND THOUGHTFUL ACTS TO HELP OTHERS.

DO SOMETHING FUN
Watch your favourite film, take a dog for a walk, play football with your friends, read some of your favourite books or do some pages of this book!

COLOUR IN THE NOTES AS YOU READ THEM.

LOTTO

Thinking about other people gives you less time to think about your own fears. Cross each act of kindness off this lotto game as you complete them. When you've filled in the whole page, do something nice for yourself.

WRITE A NOTE TO SOMEONE YOU CARE ABOUT	THANK AN ADULT FOR SOMETHING AT HOME	HELP SOMEONE BEFORE THEY ASK	CLEAR UP AFTER YOURSELF
LET SOMEONE GO BEFORE YOU	PUSH SOMEONE'S CHAIR IN IF THEY FORGET	THANK AN ADULT FOR SOMETHING AT SCHOOL	HOLD A DOOR OPEN FOR SOMEONE
INVITE SOMEONE NEW TO PLAY AT BREAK	GIVE A COMPLIMENT	SAY HELLO TO SOMEONE NEW	THANK A FRIEND FOR SOMETHING
MAKE A CARD FOR YOUR FAVOURITE PERSON	GIVE ANOTHER COMPLIMENT	HELP SOMEONE WHO HAS DROPPED SOMETHING	CLEAR UP AFTER SOMEONE ELSE, EVEN THOUGH IT'S NOT YOUR MESS