

Upset by the Coronavirus News

Symbol Book



Upset by the News

Published by Widgit Software

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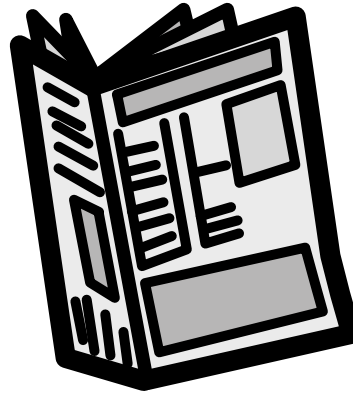
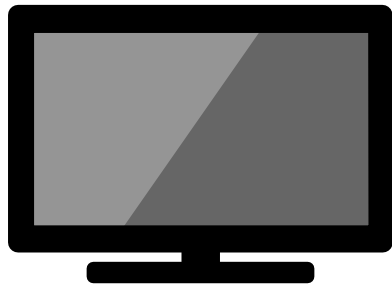
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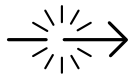
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When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

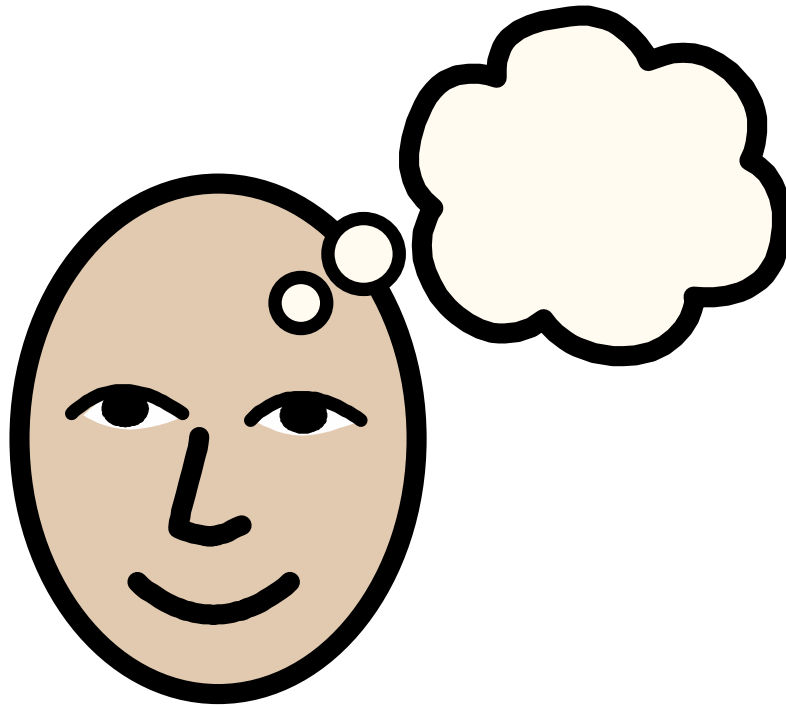
to



feel a bit



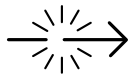
scared.



When



bad things



happen



in



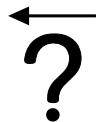
the news;



It is normal



to think



why did



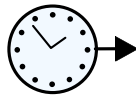
this happen?



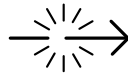
It is normal



to think



will



this happen

to



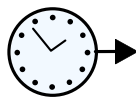
me?



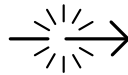
It is normal



to think



will

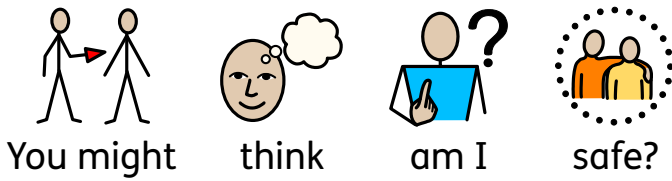


this happen

to someone I



know?



You might

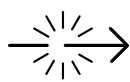
think

am I

safe?



Remember



events like this

=

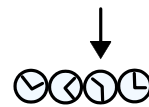


sad

but



very



rare.



It is in

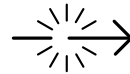


the news

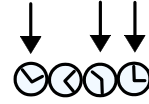
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it does not



happen



often.



It is in

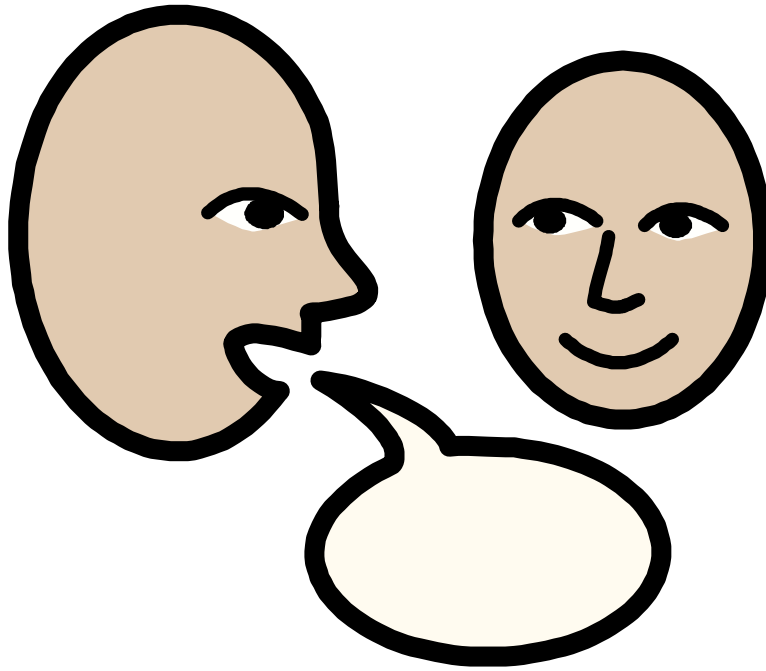


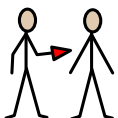

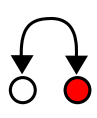


the news

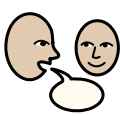
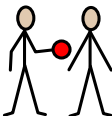

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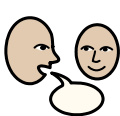
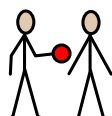
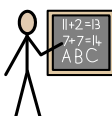

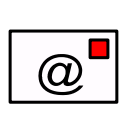


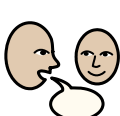

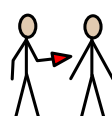
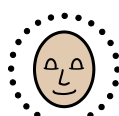

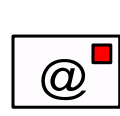
it is important.



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 If you are sad or anxious you can;





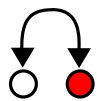




 • Talk to your parents.



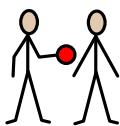
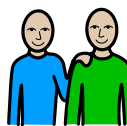






 • Talk to your teacher on the phone or email.







 • 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.