

HOW DOES THE NEWS MAKE ME FEEL?

The news tells us all the things that are currently happening not just near us but all around the world. Sometimes the news is about good things, other times it is about not good things! It can be hard to know what to do if you see or read something upsetting, worrying or stressful but this task is about thinking how to protect your wellbeing when looking at the news.

What have you seen in the news lately?

Can you list all the different emotions that the news might make you feel?

What can I do if the news makes me feel a negative emotion?

Who can I talk to?

Don't forget your 5 trusted adults!