



Upset by the News
Queen Elizabeth II's death

Symbol Book

Upset by the News - Queen Elizabeth II's Death

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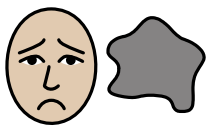
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When



sad things



happen



in



the news;



It is ok

to



feel upset.



It is ok

to



feel worried.



It is ok

to think






why did
















this happen?

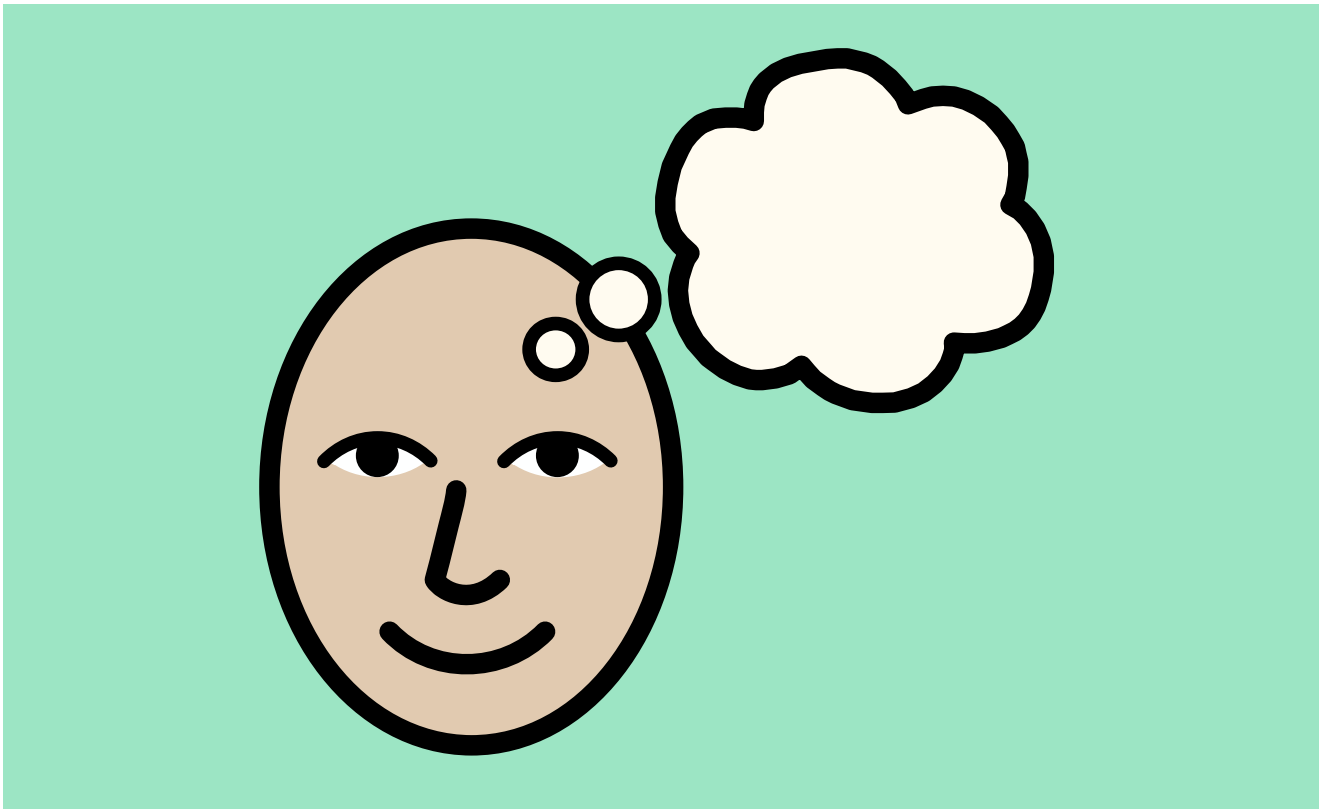




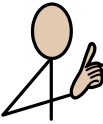
 has  sadly  died.

 died  at  Balmoral Castle  in Scotland.


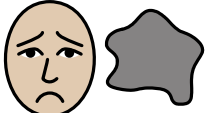



 was  very  old  and  died  peacefully.

 Her  family  were with  her  when  she  died.




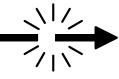





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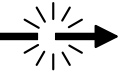


 It is in the news because it is important.

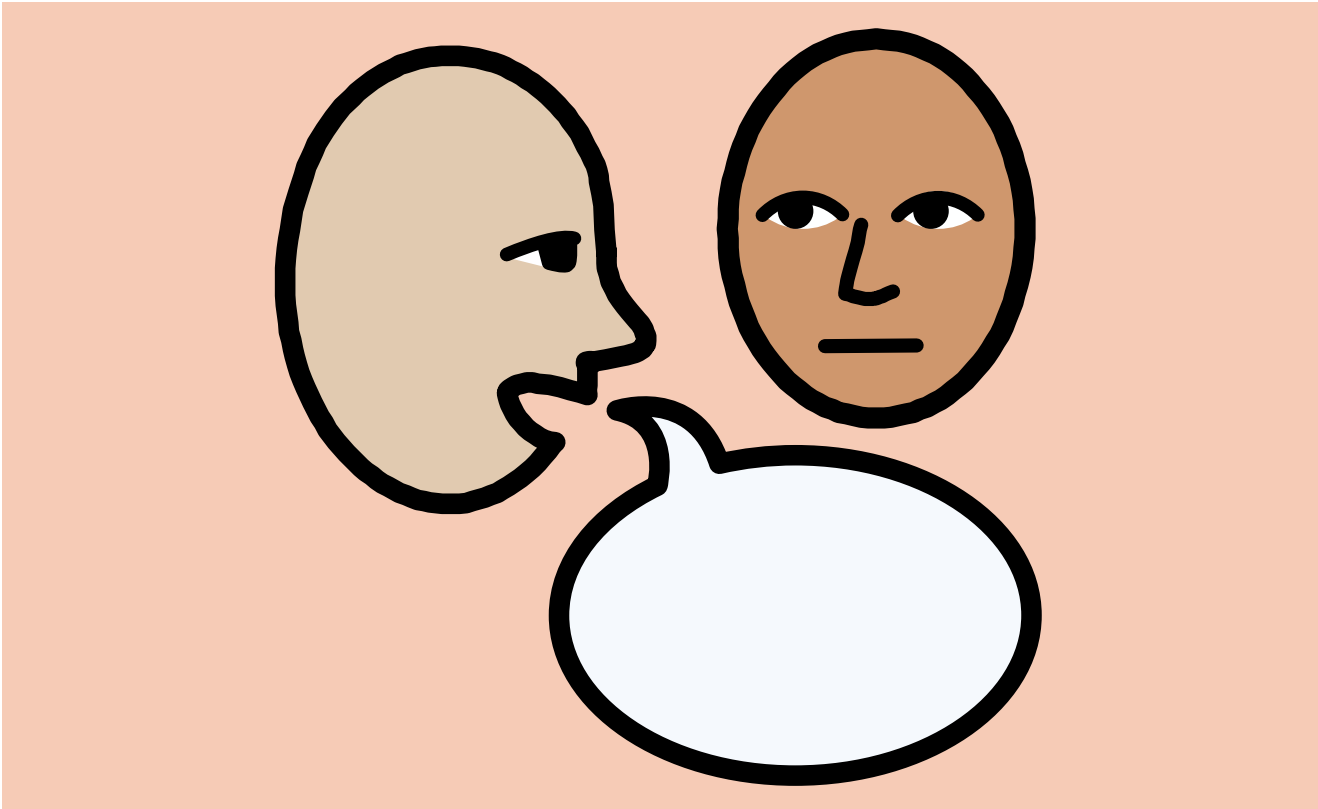
 When sad things happen in the news;

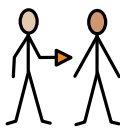

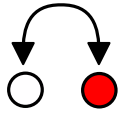








 It is ok to think will this happen to me?

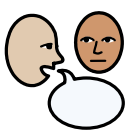
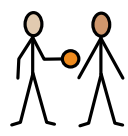








 It is ok to think will this happen to someone I know?

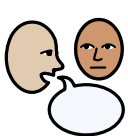
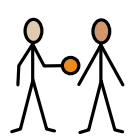
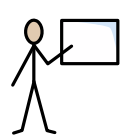


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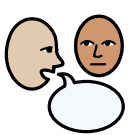
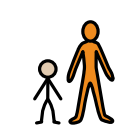
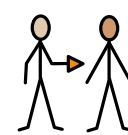
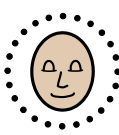
If you are sad or anxious you can;

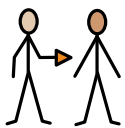
- Talk to your parents.

- Talk to your teacher.

- Talk to an adult you trust.



If you



feel sad



about the news

=



some



tips;



• Do something you

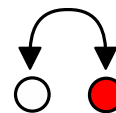


enjoy

=



like reading



or



drawing.



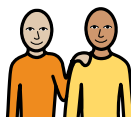
• Spend time



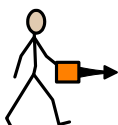
with



your



friends.



• Take your



pet



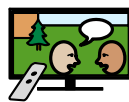
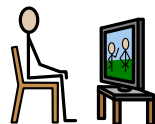
for a walk.



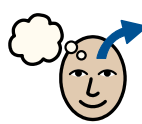
It can help to ask questions.



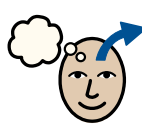
It can help to watch TV programmes about her.



It can help to share memories with people.



It can help to remember nice things about her.



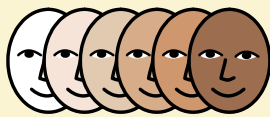


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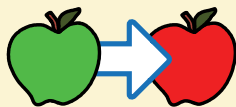
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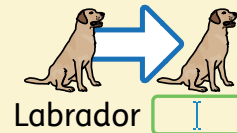
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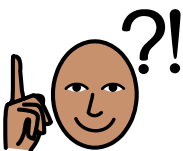
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