



Upset by the News Queen Elizabeth II's death

Symbol Book

Upset by the News - Queen Elizabeth II's Death

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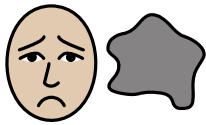
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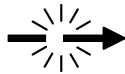
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When



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?

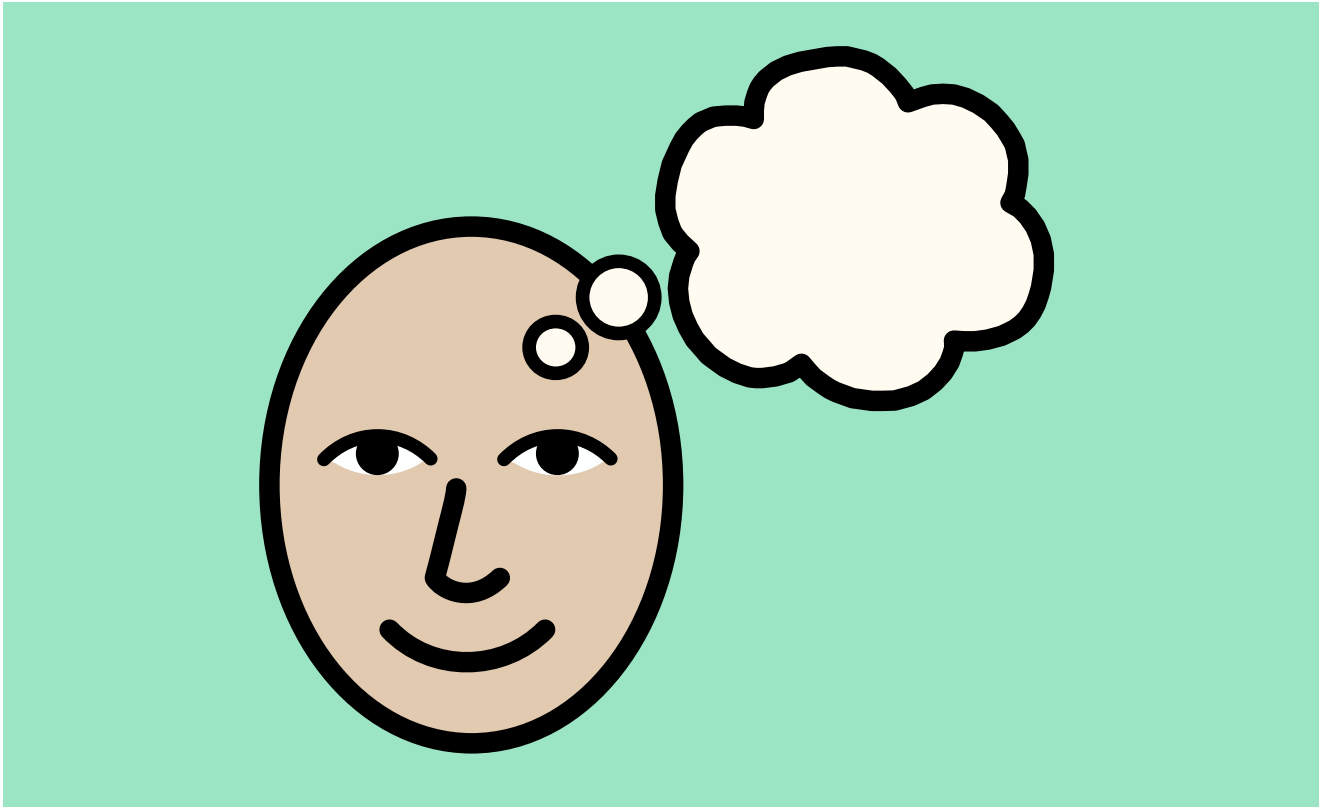






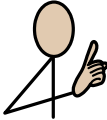

 Queen Elizabeth II
 
 has
 
 sadly
 died.


 She
 
 died
 at
 
 Balmoral Castle
 in
 
 Scotland.










 She
 
 was
 
 very
 
 old
 and
 
 died
 
 peacefully.


 Her
 
 family
 
 were with
 
 her
 
 when
 
 she
 
 died.


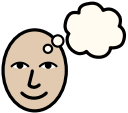

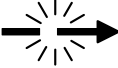







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 It is in the news because it is important.

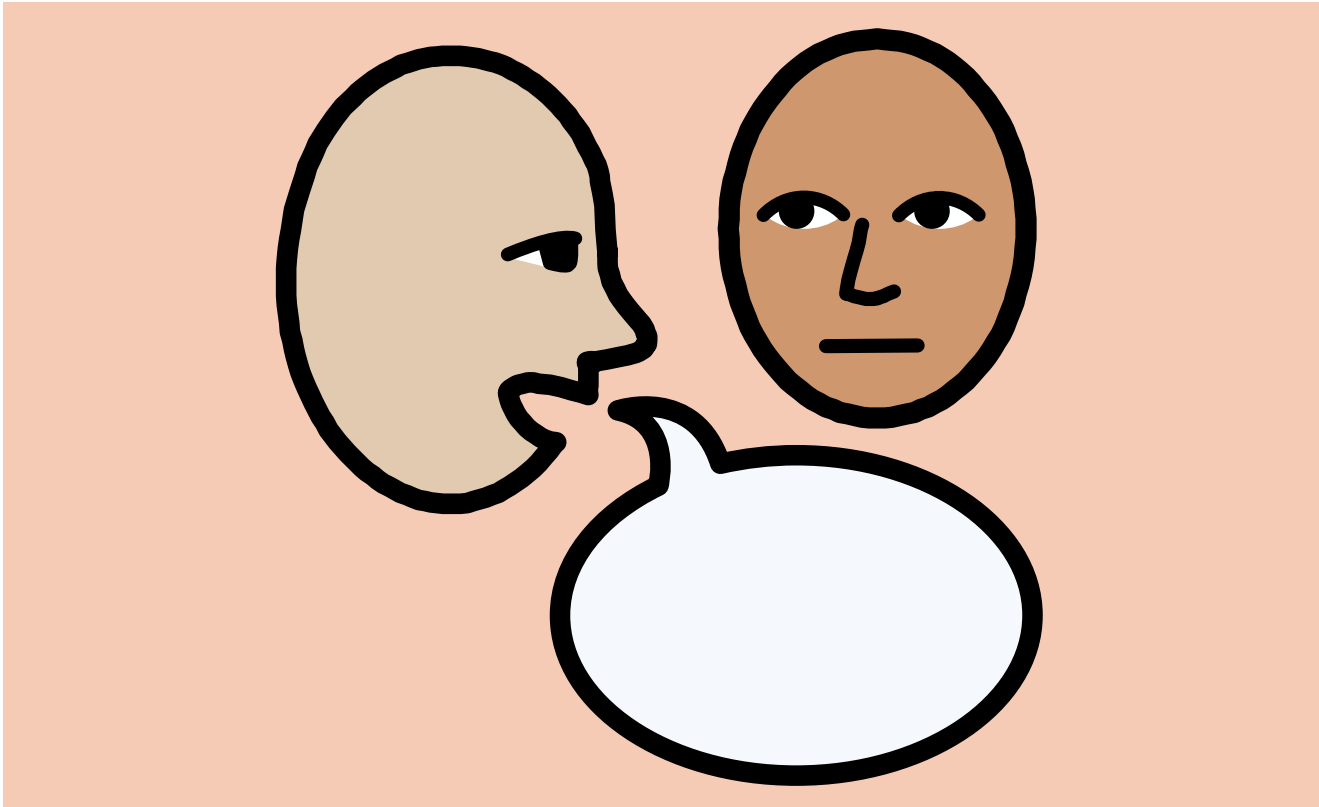
 When sad things happen in the news;

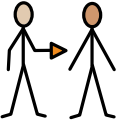

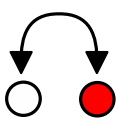







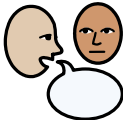
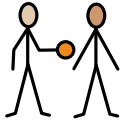

 It is ok to think will this happen to me?

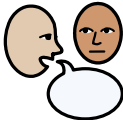
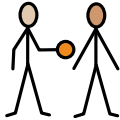








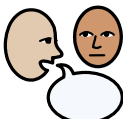
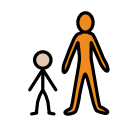
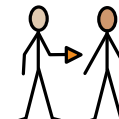
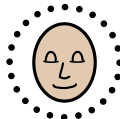
 It is ok to think will this happen to someone I know?




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 or
 
 anxious
 
 you can;

- 
 Talk to
 
 your
 
 parents.

- 
 Talk to
 
 your
 
 teacher.




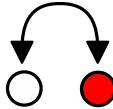

- 
 Talk to
 
 an adult
 
 you
 
 trust.





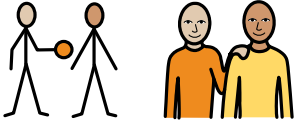



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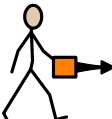



 If you feel sad about the news here are some tips;



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 • Do something you enjoy like reading or drawing.



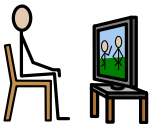
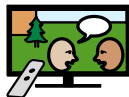


 • Spend time with your friends.




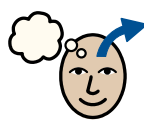







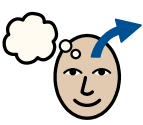



 • Take your pet for a walk.



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.