

# **I'M WORRIED ABOUT THE NEWS**

**HOW HEARING ABOUT WAR  
AND CONFLICT CAN AFFECT  
ME, AND HOW TO GET HELP**



# INTRODUCTION

## **What Do the Words “War” and “Conflict” Mean?**

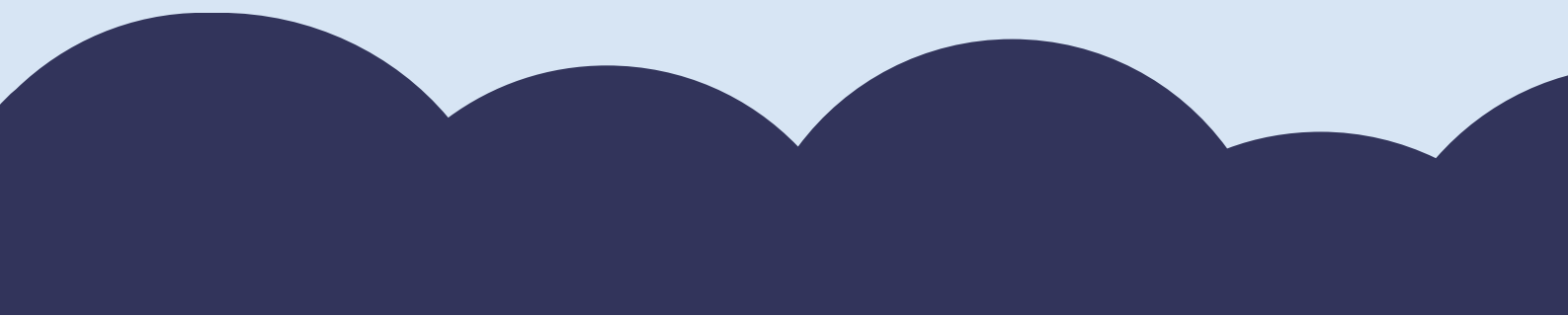
War is fighting between countries. We also use the word ‘conflict’ to describe fighting. You may have heard of big wars that happened a long time ago, like World War 1 and 2. Currently there is conflict happening across Israel and Palestine, you may have heard about this.

You may want to keep up to date with the news. If it makes you feel worried/scared/anxious or a way that you do not like it is okay to turn it off. We must be careful with what we read and what we see on TV and the internet! Not all news stories are correct, mistakes can be made when information is reported. This means that some news can make things sound different to what they are. Make sure you ask a trusted adults to help you check if a news story is helpful.

## **You are not alone:**

If you are upset by the news and the conflict in Gaza and Israel you are not the only one. It is okay to have those feelings. You might be worried about what you have seen or read, other people’s reactions or because of how it’s affecting your friends and family.

Read through this booklet with a trusted adult – that could be your class teacher, or someone at home.



## What should you do with what you already know about what is happening across Israel and Palestine?

It's important that you talk to a trusted adult about how you are feeling. You can also visit the websites listed at the end of this booklet.

It's really important to share your thoughts with a trusted adult (for example your teacher). You can tell them what you already know and what questions you have. Importantly, you can tell them how what you know makes you feel! It's normal to have lots of different feelings about these topics:



Angry



Confused



Sad



Worried



Shocked

# BEING KIND AND HELPING OTHERS TO BE KIND:

**THERE ARE LOTS OF PEOPLE HELPING EACH OTHER THROUGH ACTS OF COURAGE AND KINDNESS. EVEN THOUGH IT IS A DIFFICULT TIME THERE ARE MANY POSITIVE STORIES OF PEOPLE TAKING 'POSITIVE ACTION' FOR EXAMPLE THERE ARE HELPERS OUT THERE WHO ARE WORKING HARD TO GATHER FOOD, CLOTHES AND OTHER HELPFUL ITEMS TO SEND TO PEOPLE WHO NEED THEM.**

**WE MIGHT HAVE TO REMIND OTHER PEOPLE TO BE KIND – FOR EXAMPLE IF YOU HEAR SOME OF YOUR FRIENDS SAYING THINGS THAT MIGHT BE HURTFUL TO YOU OR TO OTHERS. LET YOUR TEACHER KNOW. WE ARE ALL LEARNING AND SOMETIMES OUR TEACHER MIGHT HAVE TO REMIND PEOPLE THAT ALTHOUGH SOMETHING VERY DIFFICULT IS HAPPENING, WE NEED TO SHOW KINDNESS TO OTHERS.**

**CHOOSE KIND WORDS TO TALK ABOUT OTHERS – SOMETIMES PEOPLE USE 'ANGRY' WORDS WHEN TALKING ABOUT WAR. ALTHOUGH WE ARE IN A SAFE PLACE, WHEN TALKING ABOUT WAR WE MUST THINK ABOUT THE PEOPLE IN THESE COUNTRIES, WE MUST ALSO THINK OF THEIR FAMILIES, THEY MAY HAVE SOME FAMILY WHO LIVE IN THIS COUNTRY. LET'S BE KIND WHEN WE ARE TALKING AND THINKING ABOUT THEM, THEY ARE FEELING AFRAID.**

**BEING KIND TO YOURSELF: MAKE SURE YOU TALK TO A TRUSTED ADULT AND TELL THEM HOW YOU FEEL. IT IS OKAY TO ASK LOTS OF QUESTIONS. IT IS ALSO OKAY IF YOU DO NOT WANT TO TALK, YOU MIGHT JUST WANT SOME COMPANY. IT'S OKAY AND IMPORTANT TO TELL THE ADULTS WHO CARE FOR YOU, WHAT YOU NEED.**



# SOCIAL MEDIA AND ALGORITHMS



Think about what you watch and read online: Notice how you feel when you look at it. Does it make you feel worried?

Fact checking (finding out if something is true) is even more important now as information is available 24 hours a day, every day. Talk to a trusted adult and ask them questions if you want to understand what is happening during times of conflict.

## **“Algorithms”**

Think of algorithms as digital set of instructions that helps social media platforms decide what content to show you. Algorithms do this by learning from what content you engage with, such as what you like, comment on, and share.

Social media platforms will use algorithms to keep you engaged by showing you similar posts. Remember, algorithms learn from what you engage with! Try and spend time off social media platforms and if you see something that upsets you, speak to your trusted adult.

# WHAT TO DO WHEN YOU HAVE A WORRY

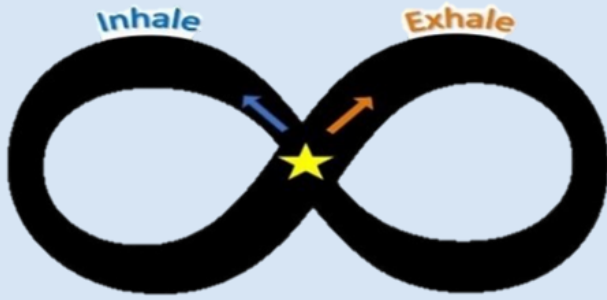
Make sure you work through the activities in this part of the booklet with a trusted adult!



1. **The Worry Tap** - Imagine you have a glass inside your body which can hold a certain amount of worry. Think of worry like a tap dripping drops of worry into the glass. When we are feeling calm and relaxed, the tap is turned off. The more we worry, the more the tap drips. The activities in this part of the booklet will help you feel more in control of your worries and slow that dripping down!

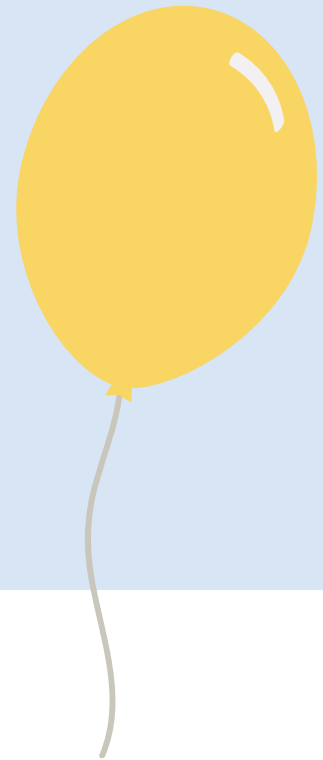
**2. Deep Belly Breathing** - Place your hands flat on your chest and belly. First, notice what happens to your hands when you breathe. Then, breathe in through your nose for 5 seconds so you can feel your belly getting bigger and bigger, and then breathe out through your mouth slowly for 5 seconds, like blowing through a straw.





**3. Lazy 8 Breathing** - Trace your finger in the air in the shape of a number 8, lying on its side. You can trace the picture here with your finger too if it helps! Breathe in (inhale) while your finger is going around one side, and breathe out (exhale) when your finger goes around the other side.

**4. The Balloon** - Imagine a balloon inside your brain. The more you think about the worry, the more the balloon inflates. Shifting your attention away from things that cause you worry can start to deflate the balloon. You can do this by noticing things in your environment, or thinking about things that make you feel calm and happy. You could try the "Five Senses" activity below:

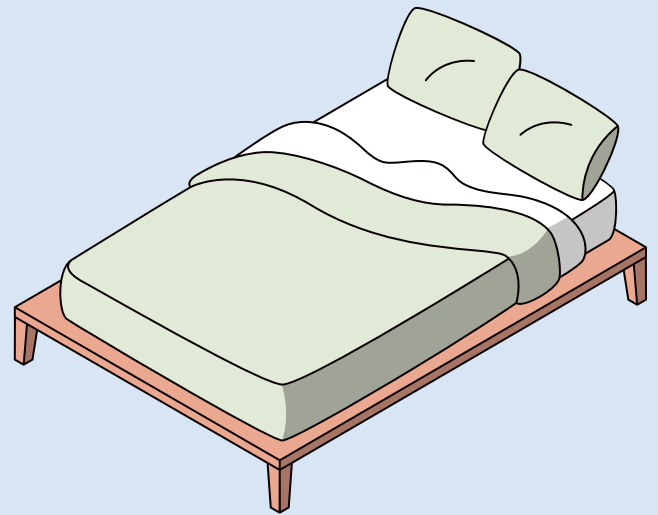


## Five Senses Activity

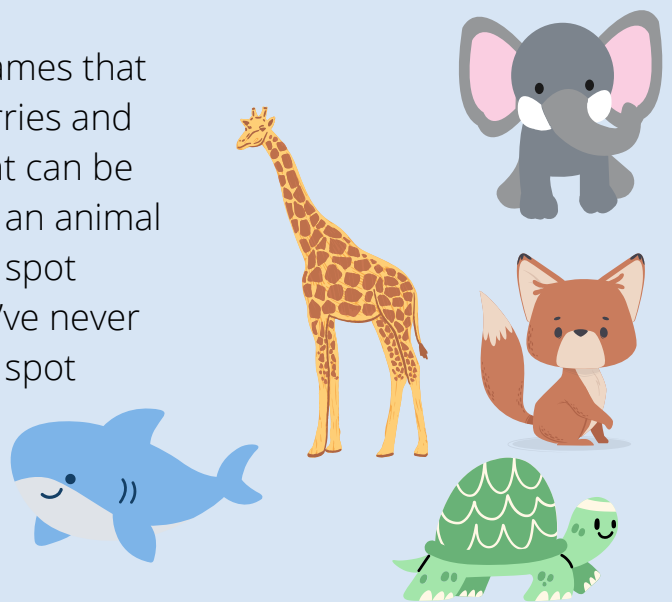
 SIGHT	5	• Describe 5 things you can see
 HEARING	4	• Describe 4 things you can hear
 TOUCH	3	• Describe 3 things you can feel (the touch of)
 SMELL	2	• Describe 2 things you can smell
 TASTE	1	• Describe 1 thing you can taste



**5. Guided Imagery** - Imagine a place that makes you feel completely relaxed. This could be somewhere real or somewhere made up, somewhere you've been before or somewhere you'd like to go! Imagine what this place looks like. What do you hear? What can you smell? What can you feel? Imagine how good it feels to be there.



**6. Using Distractions** - Activities and games that focus your attention away from your worries and big feelings and into the present moment can be really helpful (and fun!). Can you think of an animal for every letter of the alphabet? Can you spot something in your environment that you've never noticed before? Can you race a friend to spot something each colour of the rainbow?





# WHERE YOU CAN GO FOR EXTRA SUPPORT

**Childline** are open 24 hours a day, 7 days a week. You can talk to them about anything. Call them on 0800 1111

[Worries about the world | Childline](#)

[Worrying about Israel and Gaza | Childline](#)

[Advice if you're upset by the news - BBC Newsround](#)

[Toolbox | Childline](#)

