

News. WISE Feelings about news

News can sometimes make us feel strong emotions. It can make us feel happy or excited, but it can also make us feel sad or worried.

It is important to notice how news is making us feel and practise ways to help us feel better. Try this activity as a family.

Task: If someone was feeling upset or worried about a news story, which of these ideas would help and which would not help?

Talking to
a friend

Watching
the news

Writing about
the story

Reading the same
story over and over

Telling everyone
else about the story

Doing something
else instead

Looking for advice on
the ChildLine website

Reading a
different story

Trying to
forget it

Talking to a
trusted adult

Reading more about
the same story

Something
else...



Knowing what to do if a news story is affecting us can help us to manage our feelings.

- If you feel worried, upset or scared about something in the news, it's really important to talk to a family member or a teacher about it. **How might they help?**
- It's ok to feel upset or worried. It's not a good idea to ignore those feelings or try to push them away. It's better to tell someone how you are feeling. **Why might talking to someone about your feelings help you to feel better?**
- Taking a break from the news can be just as important as interacting with it. **Why is news helpful? How can it be unhelpful?**
- Sometimes we hear rumours about things that are in the news. This can be upsetting and worrying. It is a good idea to use sources you trust to check the facts. **Why might this help someone feel better?**
- If someone shares a story or post that shocks or upsets them, it might cause others to be upset too. **Why is it useful to think about how news might make someone else feel before sharing it?**
- Sometimes it seems that bad news stories get more coverage than good news. **If we only see negative things happening in the news, does that mean there aren't any positive things happening in the world?**
- It's important to have varied news diet that balances positive and negative stories. **Try the #HappyNews challenge!**

