

News wise

Wellbeing and the 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 the news is making us feel and practise ways to help us feel better.

Task 1: 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



Reading the Same story over and over



Telling everyone else about the story



Doing something else instead





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

Task 2

- 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 these 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?**

- Sometimes it seems that bad news stories get more coverage than good news. **If we only see or hear negative things happening in the news, does that mean there aren't any positive things happening in the world?**



Task 3

Report a happy news story to share with your friends and family. It could be something that makes you happy or makes you laugh, or an example of someone doing a good deed.

Top tip: Have a look at Newsround Happy News for inspiration!

<https://www.bbc.co.uk/newsround/50434875>

Once you have chosen your story, research the 5ws to make sure you have the key facts: **Who** is it about? **What** happened? **Where** did it happen? **When** did it happen? **Why** did it happen?

Challenge: Find an interesting quote from someone involved in the story for extra detail.

Finally, spread the joy! Once you've written or recorded your report, share it with your family, friends, or teachers.

We would love to see them all!