

# TOP 10 TIPS

## TO HELP KIDS COPE WITH TROUBLING WORLD EVENTS

- 1** Remember it's okay and very normal to feel upset when you see bad things on the news. Lots of kids feel upset right now, even if they don't say so. So, don't worry about being worried!
- 2** Talk to adults you trust and respect about what is on your mind. Adults can help you to understand what's going on in the world and give you reassurance.
- 3** Look for the helpers! Whenever something bad happens in the world there are always lots of people who step in to volunteer or donate money. It's good to know there are so many great people in the world.
- 4** Don't watch the news! Tell your parent or carer that the news is upsetting you and ask them to turn it off. If you have a phone or device, avoid upsetting news and videos.
- 5** Spend time playing outside. Being in nature will make you feel calmer and happier. If you can't get outside, try watching some funny animal videos.
- 6** Get creative. Draw a picture, write a story, or make some craft. Doing something creative is fun and relaxing.
- 7** What are your favourite memories? Think about times you felt really happy or excited. Put these memories into a 'mind bank'. You can access your mind bank memories anytime you want. If you've had a fun day, add it to your collection of memories!
- 8** Know that big problems will eventually be fixed. It will take time and effort, but humans are good at finding solutions. But we will all be safe again.
- 9** Remind yourself that the people who love you still love you. You are still important to them. They want you to have fun, learn and have friends. They will take care of you.
- 10** Find a way to help. There are lots of kids helping right now. Whether it's donating some pocket money, sending a toy to someone who needs it or raising money with your classmates, there are practical things you can do to help. Your parent, carer or teacher should be able to help you come up with some ideas.

