What do you do when the news is upsetting or confusing?

**BIG FEELING:**
Take time to write a letter to your parent/caregiver/teacher. Use the template below. Include your feelings and questions.

DEAR
I am feeling...

I wonder more about...

Remember to ask...
- WHO
- WHAT
- WHY
- HOW

Common Sense Media: “How to talk to kids about violence, crime and war?” | NAMLE’s Parent Guide to Media Literacy

Ask an expert. Who?
__________________________________________

Find a safe source. Where?
__________________________________________

What will you ask?
__________________________________________

Common Core Standards CCSS.ELA-Literacy.SL.K.4