

# Wellbeing and the news



# 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

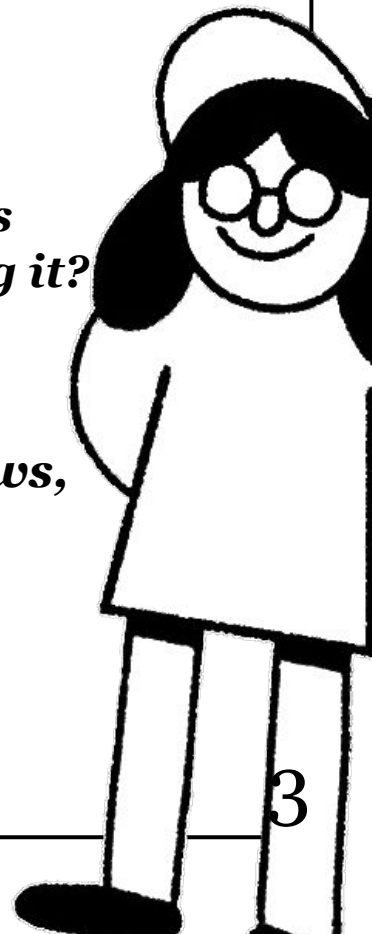
Reading more about  
the same story

Something  
else...



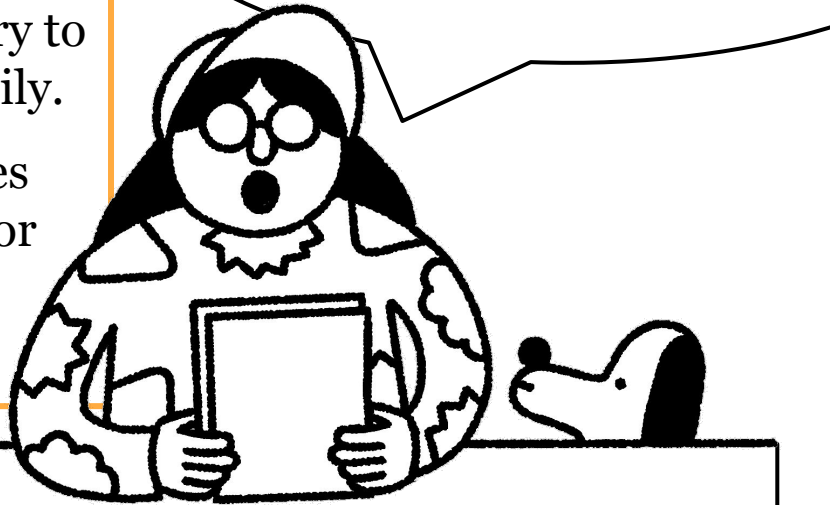
Knowing what to do if a news story is affecting us can help us to manage our feelings.

- 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 hear 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!***



**Task:** 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 Tips:

1. To find a happy news story, you might like to visit Newsround, First News or explore our list of child-friendly news sites. Or report a happy story from your own community or family: have you seen any good deeds or funny things happening near you?
2. Once you have chosen your story, research the 5ws to make sure you have the key facts: **Who** is 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.

3. When you're ready to report your story, choose to:
  - a. Write it (for a newspaper/news website)
  - b. Video record it (like a TV news report)
  - c. Audio record it (like a radio news report)

**Use the script template on the next page to help you**

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

**You could get a family member to help you tweet us your story @GetNewsWise, using #HappyNews**

# NEWS

## #HappyNews Script



**Introduction:** Hello and welcome to NewsWise. I'm [*say your name*] and today's happy news story is: [*say your headline*]

**Fact 1: Who** is the story about? \_\_\_\_\_  
\_\_\_\_\_

**Fact 2: What** happened? \_\_\_\_\_  
\_\_\_\_\_

**Fact 3: When** did it happen? \_\_\_\_\_  
\_\_\_\_\_

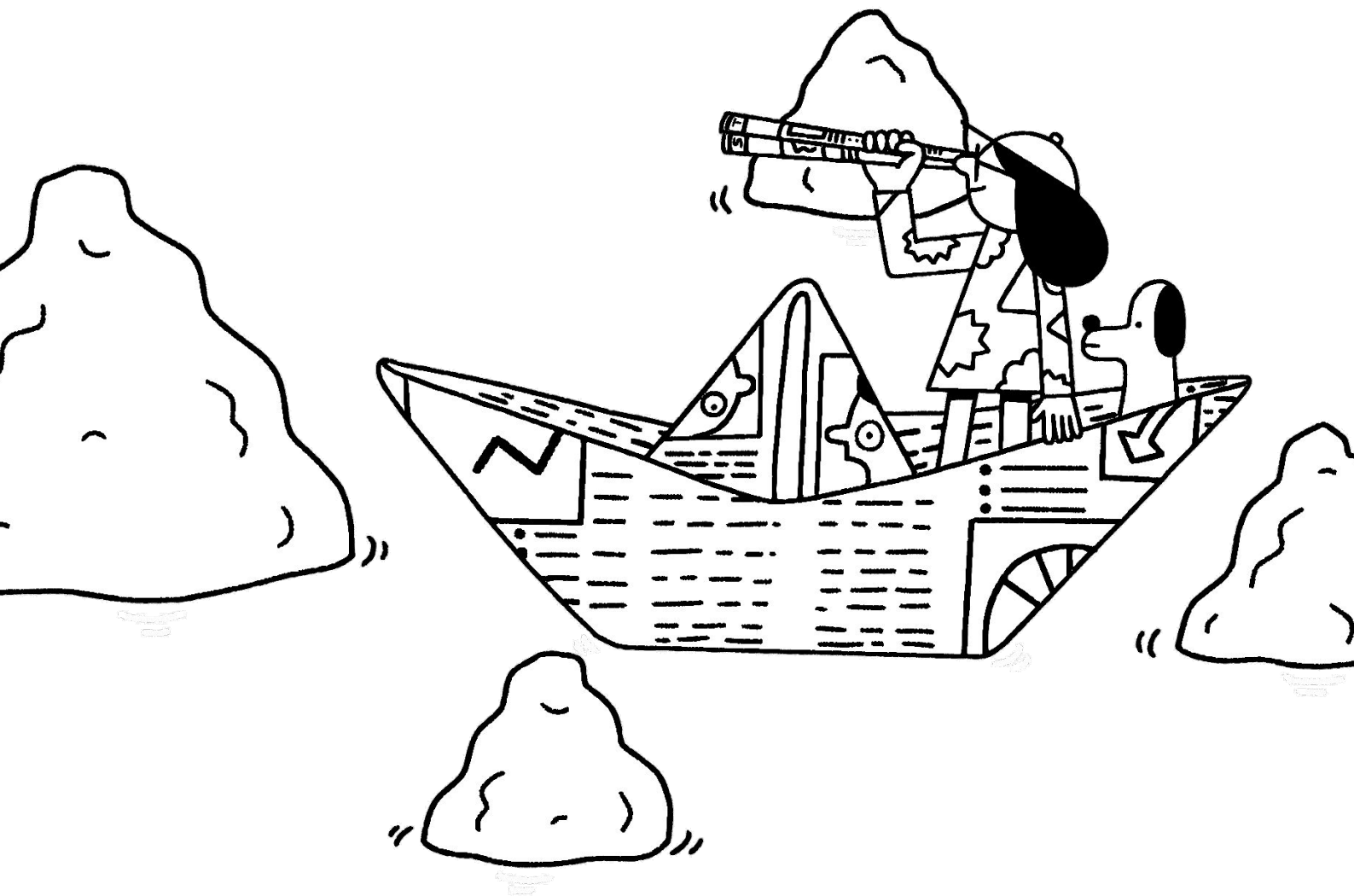
**Fact 4: Where** did it happen? \_\_\_\_\_  
\_\_\_\_\_

**Fact 5: Why** did it happen? \_\_\_\_\_  
\_\_\_\_\_

**Challenge:** Include a quote from someone involved in the story: \_\_\_\_\_  
\_\_\_\_\_

**Ending:** This has been [*say your name*] reporting for NewsWise. Thanks for watching/listening. Goodbye!

# Looking out for fake news



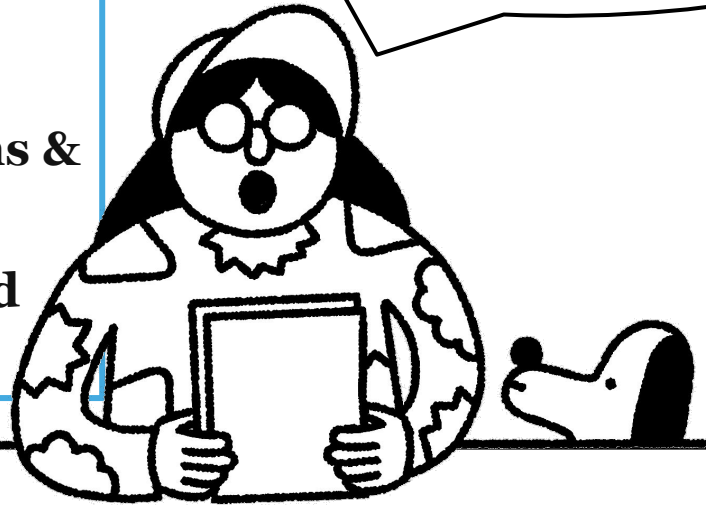


## Gorilla on the loose!

A gorilla has escaped from London Zoo!

There are rumours, opinions & guesses spreading online.

We need YOU to help us find the FACTS!



### Instructions:

1. Take a look at the tweets. Can you sort them into **facts**, **opinions**, **rumours** and **guesses**?  
**TIPS:**
  - a) Question the **SOURCE**: Who is this tweet from, and are they trustworthy?
  - b) Look at the **LANGUAGE**: Can you see any clue words that tell you it is a rumour, opinion or a guess? Use the language clues on page 9 to help you.
2. Well done! You should have found 3 facts. How did you know they were facts?
3. Now put the 3 facts in the order they happened. **TIP**: Check the times on the tweets to help you. Write (or cut out and stick) the 3 facts to your script in the right order.
4. Grab your microphone, and practise your breaking news report. **Challenge**: Can you use a dramatic news voice? Can you sing or play news music at the beginning?
5. Three, two, one, **ACTION**! Perform your breaking news report for your family, or even ask someone to film it.
6. Great work, you have produced a news report! Remember that good journalists like you only include the FACTS in reports.

@BBCNews: London Zoo have stated that #Kumbuka was safely returned to his den before 7pm after drinking 5 litres of squash in the staff area #safeandsound

@NoMoreZoos: dangerous animals have escaped from 50 zoos in the last year, we think this is why zoos should be banned #Kumbuka #animalsindanger #gorillaontheloose

@ZSLlondonzoo: Gorilla escape update, 5.30PM: We can confirm that all visitors have now been safely evacuated from the zoo.

@gorillanewsuk: I reckon the Gorilla escaped because he was angry at all of the stupid visitors banging on the glass all day. #Kumbuka #angrygorilla

@JimBOB: I heard tonnes of visitors are locked inside the buildings at London Zoo while the gorilla is banging on the glass at them! Watch out people! #Kumbuka

@ZSLlondonzoo: We can confirm that at 5.15pm this evening, a gorilla escaped from his den into a staff only corridor as a door was not properly secured. This is an ongoing situation.

@lucy: I feel sorry for the gorilla. If I was in a glass cage with people staring at me all day, I'd want to escape too! #Kumbuka #animalcruelty #gorillaontheloose

@JimBOB: Apparently, a huge silverback gorilla at London Zoo smashed through his den and escaped! Gorilla on the rampage! #Kumbuka #gorillaontheloose



**Language of fact**

He confirmed...  
that...

Evidence shows

She stated that...

It is proven that...

**Language of opinion**

I feel...

I think...

I like/don't like...

She believes that...

**Language of rumour**

Apparently...

I heard...

It is rumoured that...

It seems that...

**Language of speculation (guesses)**

I wonder if...

I reckon...

I bet that...

They suspect...

# NEWS

News.  
wise



**Gorilla on  
the loose!**

Hello and welcome to NewsWise. I'm  
[say your name] and we have breaking  
news!

**[Insert fact 1 here]**

**[Insert fact 2 here]**

**[Insert fact 3 here]**

This has been [say your name]  
reporting for NewsWise. Thanks for  
watching, goodbye!

Every fake news detective needs a fake or real voting paddle!

Paddles help to show everyone when you have decided if a news report is real or not real.

## What you need:

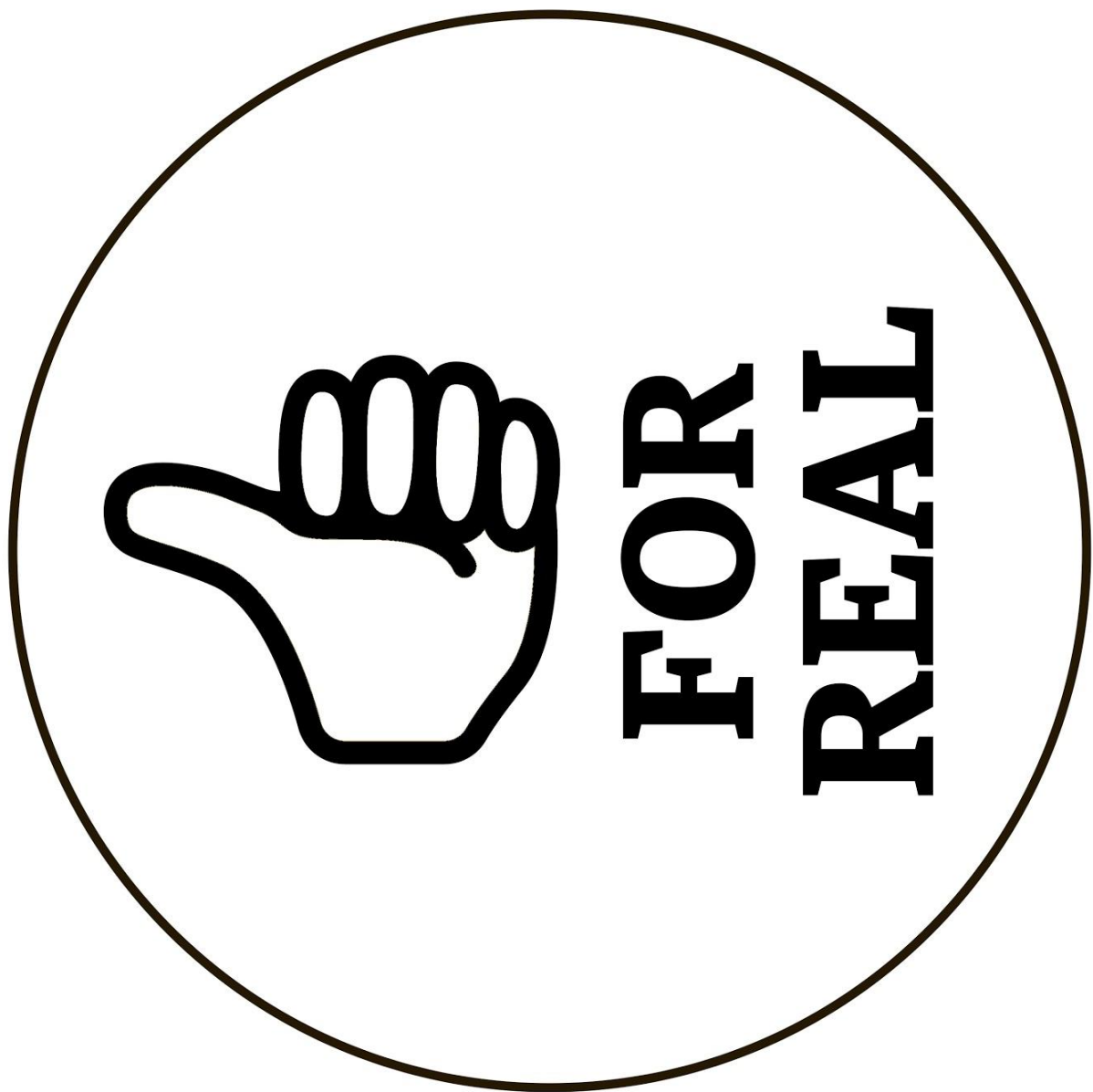
- Small stick (like a lollipop stick)
- Colouring pens or pencils
- Paper
- Glue (optional)
- Glitter, feathers or stickers (optional)



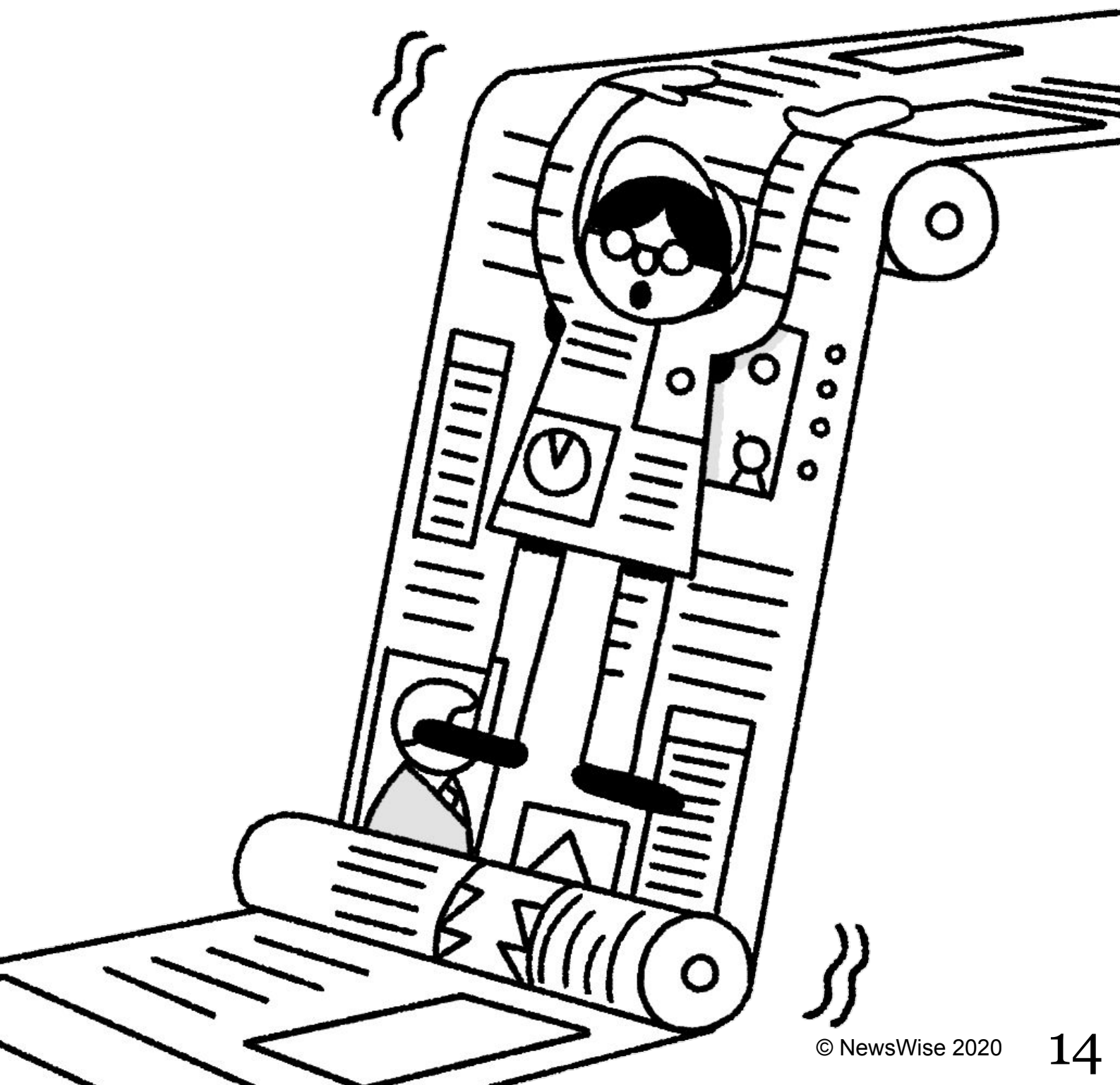
## Instructions:

1. Print off or copy out the templates on the next page
2. Decorate both pictures: as well as colours, you could use glitter, stickers, feathers or pom poms!
3. Cut around the circle on each template (you can ask a grown up to help you).
4. You should now have two decorated circles, one with a picture of a thumbs up 👍 and one with a picture of a poo 💩. Turn them so that they are face down.
5. Glue your stick to the non-decorated side of one circle.
6. Put the other circle on top, so that the blank sides are together and the decorated sides are facing out.
7. Add more glue to the backs of the circles so that they completely stick together.
8. Hoorah! You have a paddle. Now you can use it to vote in our [Fake or real headlines quiz!](#)





# Making the news





# Desk Editors

Desk editors choose the stories to be reported in the news each day - they decide which are the most 'newsworthy' (or interesting).

**Task:** Choose one news story from the options below to feature on the front page of your newspaper.

Why do you think it is the most newsworthy/interesting story for your readers?

**Scientists find evidence of life on Mars**

**First wheelchair user climbs Mount Everest**

**Woman wins £100 on a scratchcard**

**Thieves stole millions from a bank**



**A gorilla escaped from London Zoo this morning**

**Cat survives 100m fall from block of flats**

**New playground opens in a park**

Reporters research and write news stories. They interview different people involved in the story to investigate different opinions.

## What you need:

- Notepad or paper
- Pen
- Microphone (you can use a pretend one!)
- Optional: voice or audio recorder



1. Choose a topic to investigate and interview people about. It could be something personal like favourite books or hobbies, or a big issue like climate change and using plastic.
2. Choose two people in your family to interview about your chosen topic. **TIP:** This could be in person or over a video or phone call!
3. Write your interview questions. **TIP:** Ask open questions to get more information; they often begin with: what, how, why...
4. Carry out your two interviews. Use your reporter notepad to make a note of the most interesting information you find out. If you have a voice recorder, you can record the interview and listen back to it later.

## Challenge:

1. Choose the most interesting piece of information that you found out from each of your interviews.
2. Turn these into quotes. Use our example to help you: Mia, a 15-year-old girl, said “My favourite book is Noughts and Crosses and now it’s on TV too!”

As well as proofreading news reports for mistakes and checking the facts, subeditors write news headlines too.

**What you need:**

- Pen and paper

*If you enjoyed this activity, you might like to play the Headline Generator Game!*

**Task 1:** Complete the headlines below by adding in the missing words - you can be as creative as you like!

- a) **Animals enjoy \_\_\_\_\_ in the hot weather**
- b) \_\_\_\_\_ **and Usain Bolt finally go head-to-head**
- c) **Stormzy \_\_\_\_\_ his shoes on live TV**

**Task 2:** Create a headline for each of the news stories below:

- a) Arbuckle, the world's fattest hedgehog, has been put on a strict diet and exercise regime
- b) Ed Sheeran has announced he is going to set up an instagram account for his pet cats: Calippo and Dorito
- c) For the first time ever, lettuce successfully been grown in space onboard the International Space Station



# Headline Generator

How do you write catchy headlines? Play this fun dice game to practise creating simple but effective news headlines!

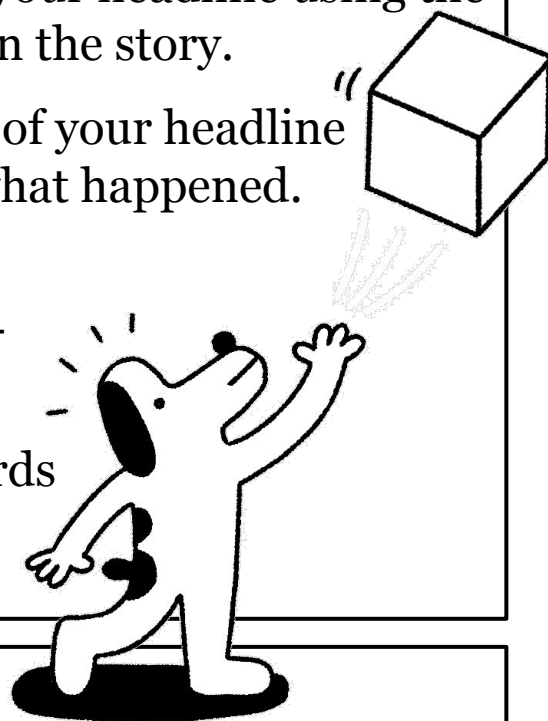
## What you need:

- Dice
- Pen and paper

**Use the number code on the next page to find out the word for each roll of the dice**

## Instructions:

1. Roll a dice and discover the **subject** of your headline using the code - who or what is doing something in the story.
2. Roll the dice again to discover the **verb** of your headline using the code - the action to describe what happened.
3. Roll the dice a final time to discover the **object** of your headline using the code - who or what it is happening to.
4. Put your **subject**, **verb** and **object** words together to create your news headline.



## Challenges:

- Add a number or place to your headline to give more detail. Eg Headteacher discovers **three** kangaroos **in cleaning cupboard**.
- Can you use alliteration? Eg Baby shark steals **dozens of doughnuts**.
- Only choose two words using the dice (eg the object and the subject) and make up the third word yourself. If playing with somebody else, challenge them to complete your headline!

## Subject roll

1 = the Queen

4 = famous YouTuber

2 = baby shark

5 = the Prime Minister

3 = headteacher

6 = elephant

## Verb roll

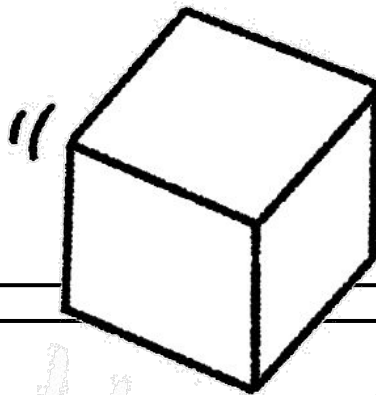
1 = discovers

4 = sells

2 = hides

5 = steals

3 = eats



6 = chases

## Object roll

1 = monkey

4 = slime

2 = doughnuts

5 = teacher

3 = kangaroo

6 = fried chicken

