

RUSSIA & UKRAINE  
STORY

By Climbing the rainbow

[www.climbingtherainbow.org](http://www.climbingtherainbow.org)



Hearing people talk



about Russia and



the Ukraine,



or watching it on  
the news.



Can make me feel



anxious & scared,



about the world.



It is ok to feel  
these emotions,



other people feel the  
same too.



So I am not alone.



But I could talk to a



friend or family member,



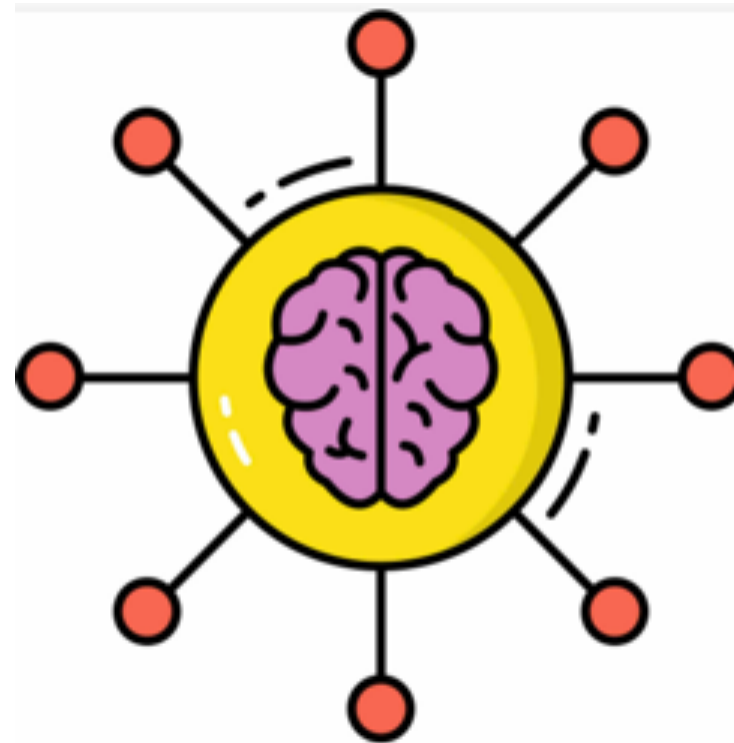
about how I feel.



I could also find



something I like to do,



to take my mind off it all.



Such as listening to music,



or doing some crafts.



If I feel really  
overwhelmed,



I can also remember to



take some deep  
breaths too.

**THE END**

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