

# Psychological advice regarding military attacks in Ukraine **FOR CHILDREN**

You might have noticed, that adults around you are worried and talk about the war in Ukraine. Perhaps you might not fully understand what ´s going on and you are starting to feel anxious, uncertain and worried.

## In such situation we recommend:

1

Do not stay alone with your feelings and rather try talk about them with your friends, family or teachers. You can also ask questions that you have in your mind.

2

Do not stop doing things you like and that you would normally do. Perhaps walk your dog or listen to the music. You can also put your feelings into a drawing or write them down.

3

If you have a classmate from Ukraine or Russia, have in mind, that he/she can feel the same as you do. Moreover, he/she can be worried about how this conflict might influence your attitude towards them or your friendship.

4

Worries are normal and common response to the situation, however, remember you can always ask adults to help you with them.