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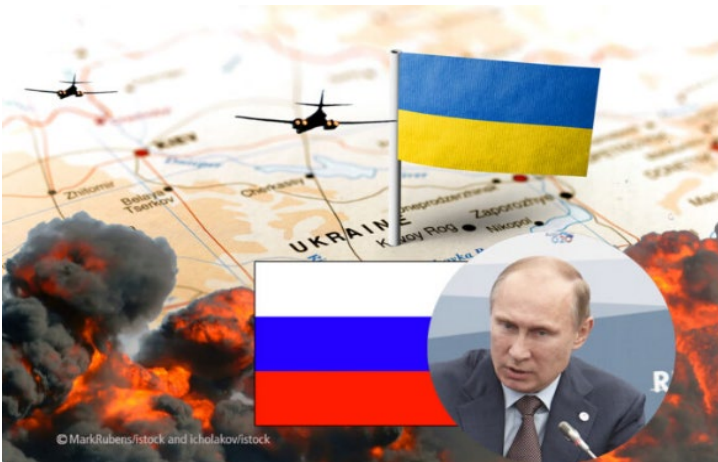
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# 1. Russia has invaded Ukraine



This is the country Russia

This is the country Ukraine



Vladimir Putin is the President of the country Russia.



On Thursday 24<sup>th</sup> February 2022, the country of Russia **invaded** the country Ukraine.

An **invasion** is when 1 country sends their army into another country to attack them.



People around the world are worried.

## 2. Why is Russia attacking Ukraine?



Ukraine and Russia do not agree on what should happen.

## 3. What is happening in Ukraine?



Many Ukrainians have left their country to live in other countries to stay safe.



Many people across the world are sending medicine, food and clothes to help people in Ukraine.

#### 4. What can you do if you are worried?



Many people are worried or upset about what they are seeing on the news.



It is okay to feel worried or upset.



The war is happening very far away from the UK, where you live.



Talk to support staff or a friend about how you are feeling.



Take a break from the news and have a nice hot drink.



Do an activity you like.



Ask staff if you can go out for a walk and get some fresh air.



Try to stop watching the news before you go to sleep.

You are safe and can talk to support staff at any time about how you are feeling!