

THE QUEEN STORY

BY CLIMBING THE RAINBOW

www.climbingtherainbow.org



Hearing people talk



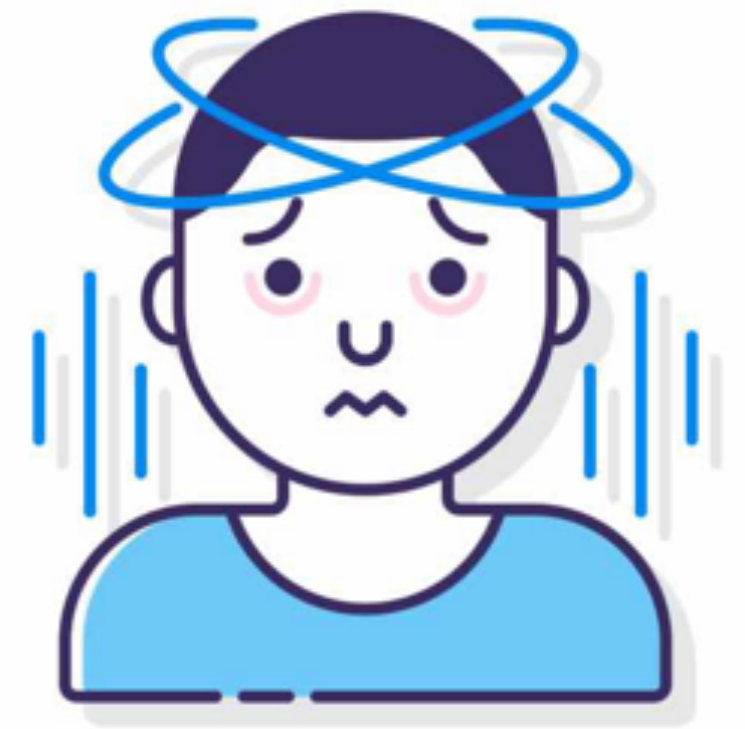
about the Queen



or watching about it on
the news.



Can make me feel



worried and sad.



It is ok to feel these emotions,



other people can feel the same way too.



So I am not alone.



But I could talk to a



friend or family member,



about how I feel.



I could also find



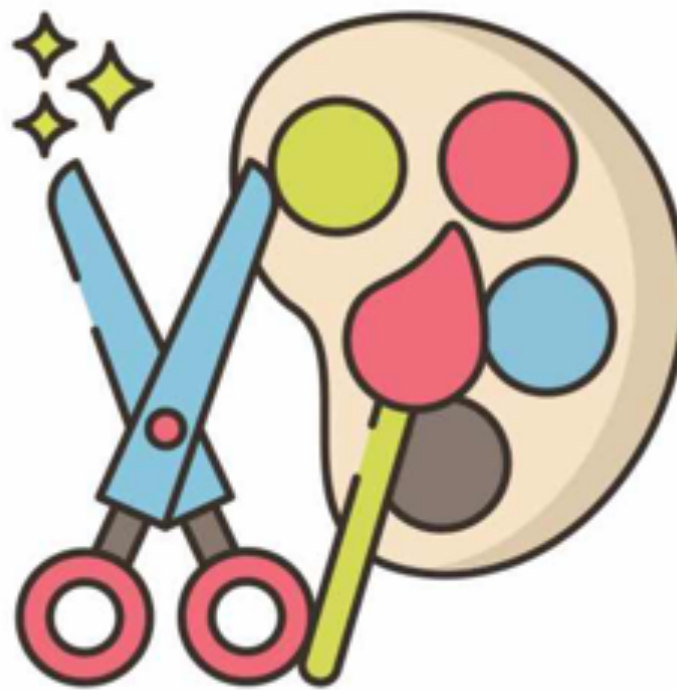
something I like to do,



to take my mind off
it all.



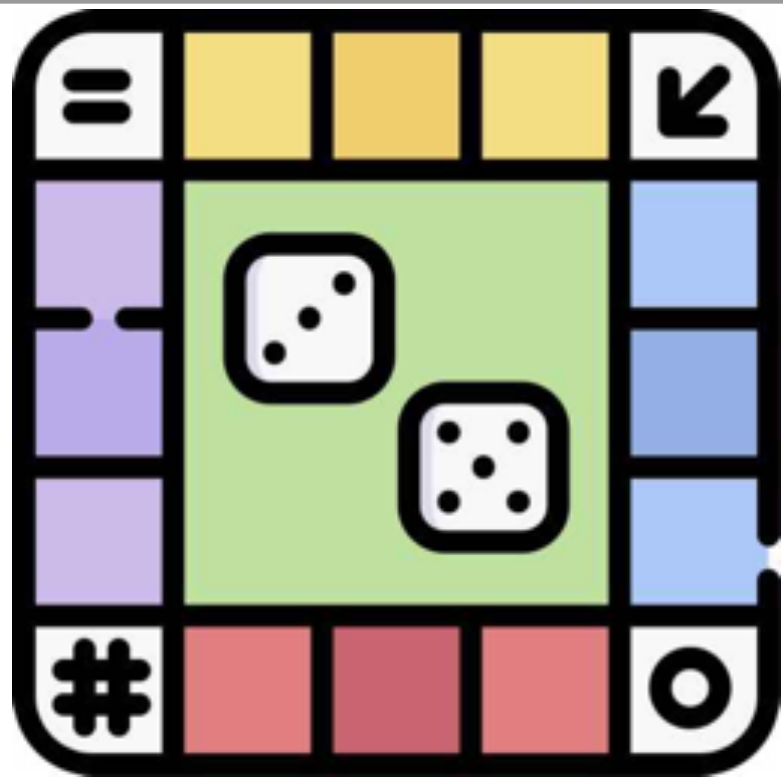
Such as listening
to music,



doing some arts
& crafts,



reading a book or



play a game.



If I feel really
overwhelmed



I can also remember to



take some deep
breaths too.

THE END

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