

Sunflowers for Ukraine

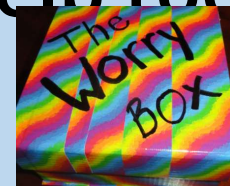




Hearing about a war, and knowing that a war is taking place, can make us feel a range of emotions.



It is important to remember that it is ok to feel the way you do, and to know that you are not alone. Talking about how you feel can help too.



newsround

Advice if you're upset by the news

Sometimes things that happen in the world can make us feel anxious or confused. It is important to remember that upsetting stories are in the news because they are rare - they don't happen very often.

Talk to your trusted adults - they'll want to help you! 😊



Charlie Mackesy

Remember...

The people of Ukraine are demonstrating a resilience that has united people and countries across the world.

They are showing us a bravery that some of us may never have known was possible.

They are setting an example to the world and giving us all lessons for life, inspiring us with their courage, determination and spirit.

In the eyes of the world, despite being the smaller of the two countries, Ukraine is making its mark as a giant... and giving everyone hope.

Donna Ashworth



Why sunflowers?

Sunflowers are the national flower in Ukraine.

They have become a symbol of peace, pride and resistance.

Around the world, sunflowers have become a symbol of unity with Ukraine.



Bosmere's sunflowers for Ukraine

Fill your sunflower with your thoughts and feelings, you might choose to write a message to the people of Ukraine, or write a word on each of the petals.

This is an opportunity for personal reflection and to express how you feel.

We will display the sunflowers in school and at St Faith's Church... an important symbol of unity and community.

