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Today I heard this...

We often hear things and don't quite understand what they mean. It can make us feel all sorts of different emotions. When we hear things we don't understand or that concern us, it is always good to ask someone rather than continuing to feel big emotions.

I heard it from...



The newspaper or on the news	
Overheard adults talking	
A friend or classmate	
Social media	
Somewhere else	

It made me feel...



I can ask...