



The Feel Better Newsletter



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Hi, hope you are feeling good. This week we are going to try to understand adults! Sometimes its tough being young, you get told what to do, where to go, how to act. There are so many rules to follow! Lets find out why . . .



Want you to know a secret? Adults have loads of rules to follow too! Sometimes adults have to do things they don't want to, they have to behave in a responsible way, just like you are taught at school. The reason you are told how to act at home and school is to get you ready to be an adult.



When adults say ...



They don't say it to be mean, they say it to keep you safe and healthy.

How well do you know the adults in your life?



On the next page I have designed a fortune teller quiz! Detailed instructions are on my YouTube channel. Search "The Feel Better Newsletter Fortune Teller".



What could adults learn from children?



- Its ok to cry if you're upset.** Usually the first thing children do when they are upset is cry. Crying is good for you. It helps you to feel better.
- To find happiness in the smallest of things.** Seeing a horse in a field, a shiny shell on a beach or sprinkles on ice cream!
- Being creative.** Lots of people stop creating art when they leave school. Being creative helps to increase happiness, it also reduces stress and anxiety
- Laughing a lot.** Children laugh way more than adults. Laughing is proven to be good for your mind and body. Have you heard the expression "laughter is the best medicine"?

You might not think this, but things that are hard for you are also hard for adults ...



Being tired



Feeling frustrated



Dealing with disappointment



Too busy



Being hungry or thirsty



Struggling with something new



Worrying

Your worries – Thank you for your messages. Send me an email with any worries and I will try to help. Email feelbetternewsletter@gmail.com

Dear Jo, I have always been scared of going to the dentist. My dentist has opened again and my Mum made an appointment. I'm scared to go. Tilly age 9
Hi Tilly, lots of people are scared of the dentist. Before your appointment try to prepare yourself, take deep breaths, repeat a phrase that helps such as "I am relaxed, I am safe". Tell your dentist that you are worried, they should help you to feel calm.

"I know you so well" fortune teller!

Cut, fold and see how well you know the adults in your life!
Instructions are on the Feel Better Newsletter YouTube Channel



Blue

Red

Green

Yellow

1

2

3

4

5

6

7

8

9

10

One thing you always say is...

I know your favourite colour is...

I can make you smile by...

If you could go anywhere in the world, you would go to...

I know your favourite snack is...

I know your best friend is...

If you had 1 million pounds you would buy...

I know your favourite animal is...