



The Feel Better Newsletter



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Hi, This week I will be talking to you about something called Self Awareness, which means understanding your thoughts, feelings and behaviour better. How do you think other people see you?



How would your best friend describe you in 3 words?

I think my best friend would say I am -

Now text or ask your BFF how they would describe you in 3 words

My best friend said they would describe me in 3 words as -

How do you feel about your best friends answer?



I am unique.
I am special.
I am me.



Just like your fingerprint, you are unique!

The next page gives you a fingerprint to print out and write all the special things about you. I have put a guide on my YouTube Channel. Search "Feel Better Newsletter what makes me unique".



Something good to practice is using "I statements" to let others know how you feel. When talking about your feelings, start each sentence with "I feel .." instead of "you did .." or "you made me .."

Your best friend says they want to play with someone else at breaktime	TRY SAYING →	"I feel sad that you don't want to play with me. I would like to play with you"
Playing outside, someone kicks a ball at your face. It really hurts	TRY SAYING →	"I feel hurt and angry that you did that. I would like you to say sorry."
You don't understand the work set by your teacher	TRY SAYING →	"I feel frustrated that I don't understand the question. I need you to help me."

**Today you are You,
that is truer than true.
There is no one alive
who is Youer than You.**

-Dr. Seuss

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 can't sleep at night time, I go to bed at 8pm and I keep thinking about all the things that worry me. I don't know how to get the worries out of my head. From Scarlett Age 9

Hi Scarlett, Its so annoying when you go to bed and your mind can't switch off. I have some ideas that might help. Before you get into bed, try writing down all your worries on paper and put it away in a box or in an envelope. Use gentle music or a sleep meditation, you can find lots of good ones online. Lavender pillow spray can help you to feel sleepy.

I am unique!

Write about yourself on the lines of
the fingerprint.

