



# The Feel Better Newsletter



Written by Jo O'Neill.  
Children's Counsellor

Hello! I am very happy to be talking to you about friendship this week! We all need people that we can talk, play and laugh with to help with our mental health. My advice to you would be to pick your friends wisely. Friendships have power to shape who you are, they are a reflection of you.

**What is a good friend?**

Take the 5 finger Friendship Challenge.

Is there anything you could work on to be a better friend?

**How to deal with falling out**

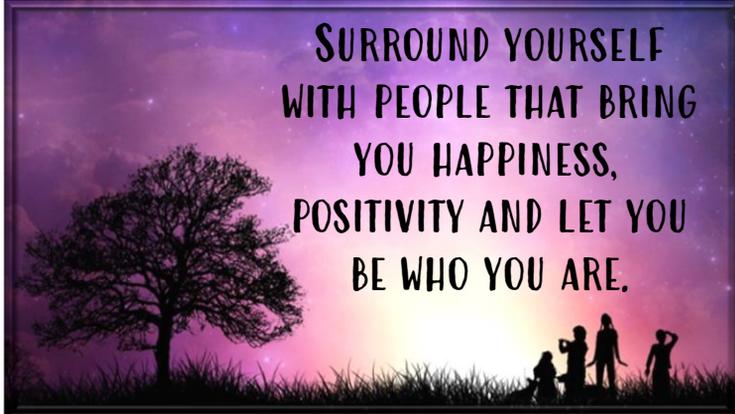
You may have had an argument with your friends (maybe you've had a few). Just because you disagree, it doesn't mean that you can't be friends. At Primary school everyone is starting to learn how to be a friend, sometimes they get it wrong and say something upsetting or hurt your feelings. Talk about how you feel with someone you trust, try to forgive them and decide if you want to give your friendship another chance.

**Feel Better Newsletter YouTube channel**

I am excited to tell you that I will be uploading videos of activities for you to watch. This week will show you how to make friendship bracelets! Search "Feel Better Newsletter Friendship Bracelet" on YouTube.

**BE FRIENDS!** Making and keeping good Friends- Top tips!

- To have good friends, you have to be a good friend.
- Be friends with people who accept you for being you, don't feel you have to change what you like.
- Good friends listen and encourage each other.
- Don't say unkind things about your friends.
- Make lots of different friends, learn from them.
- Say sorry if you make a mistake.
- Arguments happen, take time to work it out
- Find ways to show your friends that you appreciate and care about them.



**Your worries** – Thank you for your messages. Send me an email with any worries and I will try to help. Email [feelbetternewsletter@gmail.com](mailto:feelbetternewsletter@gmail.com)

*Dear Jo, I play Fortnite a lot. How do I stop playing so much? I don't want to be addicted. Luke age 10*

Hi Luke, it's a great first step that you realise that you are playing too much. Games like Fortnite are designed to keep you playing. Think about the reasons why you want to play less, what you would do with your extra time? Talk it through with a parent or adult and see if they can help. Think about having a break from Fortnite. If you want to keep playing games, try one that you can pause and leave whenever you want to.