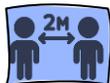


# The Feel Better Newsletter



Written by Jo O'Neill,  
Children's Counsellor

Hi! We are slowly coming out of lockdown, but it still doesn't feel like normal. So this week I wanted to talk to you about our "new normal".



## What is our new normal?

For those who are back in school, you will notice lots of changes – having to keep at a distance from others, strict rules of what you can and can't do and a whole lot of hand-washing! These rules may stay for a while to keep us all safe and healthy. Most things will move at a slower pace, queues will continue at shops and when restaurants re-open, as they can only let a few people in at a time. When everything re-opens it might be difficult to get tickets for the cinema, zoos or Alton Towers.



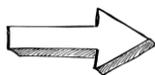
## Positive thinking

I always try to look for positives. Slowing down is not a bad thing. People have been able to spend more quality time with their families, to have time to explore their local area, we are breathing in cleaner air because less people are driving. By staying home, we have time to take up new hobbies or interests. We all understand how important our health is and there is a lot more talk of looking after your mental health, which is fantastic!

## Change negative thoughts into positives



I am no good at Maths, I'm so stupid!



I am going to keep trying, I can ask for help.

I spoke to Maleah, who is in year 6 at Mornington Primary school in Nuthall about her experience of being back in school.

**Hi Maleah! What is it like being back in school with the new rules on social distancing?**

*It's very strange, but I think it will pay off in the long run and it will keep us all safe.*

**Was there anything you were worried about before going back to school?**

*I was worried about not being able to see my friends properly, and what inside my class room would be like.*

**Now you have been back to school, do you feel differently about your worries?**

*Yes, because when I got back to school I realised I was going to see my friends a lot and my classroom was set out in a way that is comfortable for us all.*

**What's the best thing about being back in school?**

*Being able to socialise with people my own age and having a break from home.*

**If you could, is there anything you would like to change about the new rules in school?**

*No, because I think the measures my school have put in place make me feel comfortable and feeling like I am very safe.*



**Thanks Maleah, that sounds really positive!**



**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, me and my little sister keep fighting. She is so annoying. She keeps coming into my bedroom even though I tell her to go away! Molly, Age 10.*

*Hi Molly, its hard when you and your sister don't get along. Talk to her about having a rule for times to be apart and times where you play together. Choose activities that you both like. Let your sister pick the game sometimes.*

*Think about all the things you like about her and try to remember them when she annoys you.*