

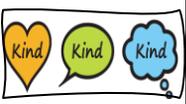


# The Feel Better Newsletter



Written by Jo O'Neill.  
Children's Counsellor

Hi, This weeks newsletter is an important subject - **Kindness!** I have so much to tell you, so it will be in two parts!

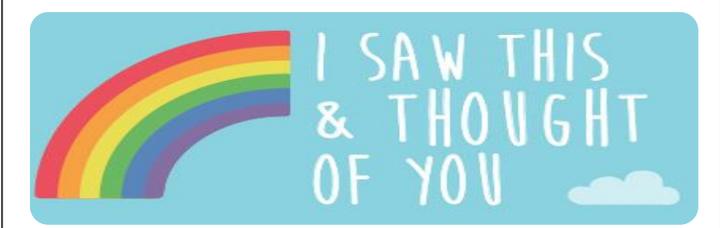


I think we are all told from a young age that we must be kind, you must share your toys and say nice things to others. But why? Why can't you just keep all your toys and say whatever you like, even if its mean? Kindness is something we are born with, so we can work together with other humans. Being kind actually helps you, as well as others. Kindness makes you happier, have better friendships and be seen as trustworthy to others.

What about random acts of kindness, where you don't know the person? It's not just about the happiness that you get knowing you did something for someone else, but also knowing that kindness sets off chain of positive events. I was once in a supermarket, a lady I didn't know said that she thought my dress was pretty, I felt so happy to receive a compliment, when I was at the till I mentioned to the cashier I liked her nail polish, she had such a big smile and told me her daughter had painted them for her. Kindness spreads kindness!



Did you ever think about the reasons that we give each other gifts? We have been giving each others gifts forever! Researchers believe that cavemen gave presents like unusual shaped rocks or animal teeth to strengthen friendship and show their appreciation to others. Gifts allow people to express their feelings and build on relationships without having to say the words. The gift doesn't have to cost money, it just has to show . .



### Being Kind Rocks!

A lovely idea is to paint messages on rocks and put them for people to find. You never know how much your message might brighten someone's day!



**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 am in year 6 and I am meant to be going back to school on 1<sup>st</sup> June. I don't know what it will be like. Its making me worry. Charlotte age 11*  
Hi Charlotte, I can really understand that you are worried. I don't know what it will be like exactly, but what I do know is that your teachers and members of staff will be doing all they possibly can to make sure everyone is safe. There will be new rules about how close you can be to others. Please think of the positives of being back in school, seeing your friends and getting to go back and spend time at your Primary school before you go to secondary school.

Enjoy your half term break. Next newsletter is 1<sup>st</sup> June.