

The Feel Better Newsletter



Written by Jo O'Neill,
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Hi everyone! This weeks newsletter is about helping you to get along with your family. As we are now in our 5th week of lockdown it may be that you are feeling really fed up. Lets try to keep positive.

Organise and plan your week together.

Create a timetable so you know what each person is doing. Respect each other when they are learning or if adults are working from home. Remember to add breaks and fun activities



Find fun activities

You can do this with your siblings or as a whole family. This could be craft, board games, baking or building a blanket fort.

The important thing is that you work together without arguing.

How to stop arguing

Ok, so say you are making a blanket fort and you keep arguing because you feel your sibling is doing it wrong. You have a choice to get into a fight or work together to build an amazing fort. . . .

- Take a second before you respond, are your words kind?
- Give your sibling a choice rather than telling them what to do. For example "do you want to tie the back part or get the cushions?"
- Explain in a simple way, your thoughts and feelings. Start each sentence with "I think. . ." or "I feel . ." not "you should . . ."
- Try to work this out before getting parents involved. Its ok to disagree with each other, try to figure out a way to resolve this on your own.
- The power of the words "I'm Sorry". This is a quick and easy way to repair your relationship - if you really mean it. Follow up by saying you will try to do better in the future.



Work on staying calm – Spaghetti Breathing!

I want to tell you about a really great way to feel calm. First I want you lie on the floor and pretend you are stiff like uncooked spaghetti



Slowly take a deep breath in, holding your body all tight. As you slowly breathe out, start to go floppy like cooked spaghetti
Soft and relaxed!



Your own space

It's a good idea to spend some time on your own and give your family members space to relax too. You could read a book, listen to music on headphones, or go outside in your garden and watch the clouds pass by. Let your family know you want a bit of alone time for a little while.

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 love school and I miss going there. I am really worried that as I am not at school, I will fall behind with my school work. Learning from home is not the same when I don't have my teacher to help me. My friends are doing loads of work and I don't think I'm doing enough. From Isabelle Age 9

Hi Isabelle, it sounds like you are putting a lot of pressure on yourself. Try to be a bit kinder to you. Talk to yourself like you would talk to your best friend.

We have never gone through anything like this before and when we are back at school your teachers will help with anything you are struggling with. Try not to compare yourself to your friends, focus on the school work that interests you. Explore new hobbies and interests.