

The Feel Better Newsletter



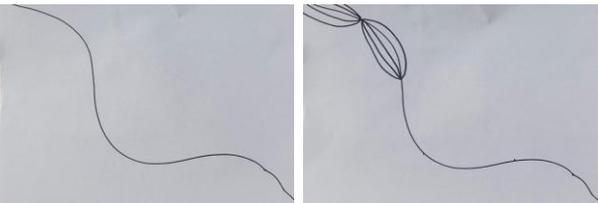
Written by Jo O'Neill,
Children's Counsellor

Welcome back to your weekly newsletter about how you are feeling. I hope you all had a wonderful Easter at home.

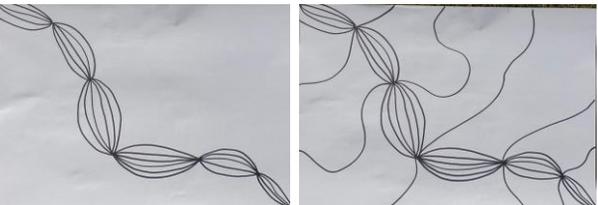
  **The benefits of Doodling**  There is so much more to doodling than making marks on a piece of paper when you feel a bit bored. Did you know that doodling can make you feel less stressed, help with creativity, improve your memory and your concentration – Amazing!!   

I have a fantastic technique to get you started. You don't have to be good at art. Anyone can do this.

1. Draw a line across your paper. Place a few dots wherever you want, then draw slightly curved lines joining the dots.



2. Add other lines and continue adding curves, fill every space with lines.



3. You can leave it black and white. Or colour it in.



Many of us are missing friends and family members. I have found a fantastic App that you could ask your parents to take a look at. Its called My Postcard. For £2.29, you can write and send a postcard with some photos of you to anywhere in the world. You can do this from your home so no need to walk to the post box! I have used this lots to write to my 93 year old Granny who lives in Northern Ireland. She is so happy when she receives a postcard!

Chase the Rainbow

When I'm out walking my dog, I love seeing all of the beautiful rainbows that children have put on display in their windows. There are also lots of messages of support for the NHS and key workers. Wonderful to see! Have you drawn a rainbow for your window?

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, My Mum keeps having a go at me saying that I am on my PlayStation too much. Its not like I can go outside, there's nothing else to do. I'm getting really annoyed. Mason Age 11

Hey Mason, I am sorry to hear that you and your Mum are falling out. I think the answer to this is all about balance. I think that there are lots of benefits from playing video games – problem solving, taking you mind off things and socialising online. Taking a break from screens is good for both our mind and body. I want you to think about how much gaming is too much? Have you been outside to your garden today? Had a proper conversation with your family members? Tried something new like baking? Start a new book or try my doodling technique? It will show your Mum that you are making an effort and hopefully she will appreciate that.