



03/04/20

Message to Parents and Guardians.

I hope your children enjoyed the first issue of The Feel Better Newsletter. I wanted to invite your feedback for future additions of the newsletter. Maybe your children are struggling to get along together, are having bad dreams or finding it difficult to settle into a routine. Whatever you are facing, please know that I am here to help with your children's emotional wellbeing. Please e-mail suggestions to feelbetternewsletter@gmail.com

I have been a Counsellor for over 10 years and worked in 30 schools throughout Nottingham and Nottinghamshire. I have experience of a wide variety of difficulties that children face. At the moment we are experiencing unprecedented circumstances. Please know that we are in this together.

I hope your Children enjoy issue 2 of The Feel Better Newsletter below, the next issue will be out on 20th April, after the Easter break.

Take care of yourself and those close to you.

Jo O'Neill
Children's Counsellor



The Feel Better Newsletter



Written by Jo O'Neill,
Children's Counsellor

Hi, I hope you have all had a good week! This is a very different time from life as we knew it, before the Coronavirus affected us all. This week I wanted to talk to you about how to cope with being at home all the time.

Talk about how you are feeling

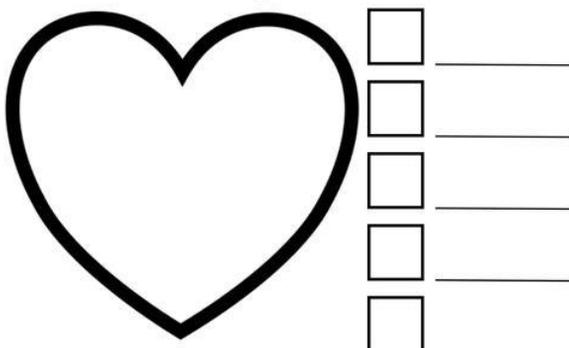
Its so important to check in with yourself about how you are doing emotionally, take a minute to think about the feelings that are going around you head, things that are upsetting you or that you feel angry about. You can write them down and share them with someone you trust.



Be Creative

As well as talking to people, it is a good idea to express your emotions through art, dance or writing a creative story. You can use the heart drawn below to show what you are feeling and how much of that feeling you are experiencing right now. Choose a different colour for each feeling. For example yellow might be happiness, red is annoyed. Then colour in as much of you feels happy and how much annoyed.

What's in Your Heart?®



Get the facts.

There may be people talking about the virus, saying things that are not true. Check out bbc.co.uk/newsround for up to date information. Fun Fact – Did you know that “Corona” is Latin for crown? Under a microscope the virus looks like a crown with little spikes with blobs on the end



Routines are important

Since school stopped, it may be difficult to stick to a normal school day. This is ok, making your own timetable means that you are in control. Instead of starting lessons at 9am, you could choose to do the online P.E sessions, yoga, art or research the depths of the ocean. Take control of your own learning! Remember to add breaks and fun activities too!

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 am missing my mates so much. I was so used to seeing them all the time. What can I do to feel better? Oliver age 8

Hi Oliver, I think we are all missing people that we are not able to meet up with right now. It is so important to keep in contact with friends and family, check everyone is doing ok. If you don't have your own phone, you could ask an adult to help you send a message or a drawing you have created. When life suddenly changes from what we are used to, it can make us feel upset.

This time at home will not last forever. Take time to appreciate life at a slower pace.



Have a great Easter. The next issue of The Feel Better Newsletter will be on Monday 20th April