



The Feel Better Newsletter

30/03/20 ~ Issue 1



Hi, welcome to your weekly newsletter all about helping you to feel happier! My name is Jo and I usually work in schools as a children's counsellor. This is a very special job where I help children with any worries they have. Seeing as lots of us can't go to school, I thought I could help by giving you ideas on how to feel positive, stay calm and be less worried.

As the Government have said that we have to stay at home, you might be thinking about all the people you miss seeing, the holiday's you had to cancel. Something that might help is writing each wish down on a piece of paper and storing them in a jar, when things get back to normal you will have lots of activities to plan and you will feel so thankful for those people or places.



Sleepover with my cousins

Eat ice cream at the beach

Poem by Donna Ashworth

History will remember when the world stopped
And the flights stayed on the ground.
And the cars parked in the street.
And the trains didn't run.

History will remember when the schools closed
And the children stayed indoors
And the medical staff walked towards the fire
And they didn't run.

History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song.

History will remember when the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all.

History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again
Kinder than before.

Your worries – send me an email with any worries and I will try to help. Email feelbetternewsletter@gmail.com

Dear Jo, I am in year 6 and I am sad that I am not going to do all the special things at the end of the year. Sophie age 11

Hi Sophie, I can really understand that you feel like you haven't had a year 6 experience like others before you. Its ok to feel sad about it. We still don't know what will happen about going back to school, but try to look forward to the next chapter in your life – Secondary school. You have so many exciting times in your future.