



The Feel Better Newsletter



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Hi, I am so sad to tell you this is my last newsletter. In September I will be returning to my job in schools, working with children who need my support. I have loved writing to you each week. Thank you to those who have contacted me by e-mail. I am so glad I got to share this lockdown journey with you all. This week I want to talk about your future self!



Letter to my future self



Dear future me,
Here is some advice for when you are a grown up.

Always _____


Never _____

I hope you remember _____

The most important thing in life is _____

Love from _____ year old you xx

★ ★ ★ My advice for your future ★ ★ ★

- Always act with kindness
 - Take care of your friends and loved ones
 - Find what you are good at and do more of that.
 - Create – music, art, craft, food, dances.
 - Be the one that others look up to.
 - Talk to those who look lonely or sad.
 - Laugh all the time, be silly!
 - Work hard, but not too hard.
 - Take care of you body and your mental health.
 - Talk to those you trust about how you feel.
 - Spend time in nature, it will always make you feel better.
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Plain Old Oyster

There once was an oyster, whose story I'll tell
Who found that some sand, had gotten into his shell
It was only a grain, but gave him great pain
For oysters have feelings, although they are plain

Now, did he berate the harsh workings of fate
That had brought him to such a deplorable state?
"No", he said to himself, "Since I cannot remove it",
I'll lie in my shell, and think how to improve it",

The years rolled around, as the years always do,
And he came to his ultimate destiny stew.
Now the small grain of sand that had bothered him so,
Was a beautiful pearl all richly aglow,

This tale has a morale, for isn't it grand,
What an oyster can do with a morsel of sand?
Think...what could we do, if we'd only begin,
With some of the things that get under our skin.



IN A
world
WHERE YOU CAN
be anything,
= BE KIND =

★ ★ ★ Final Thoughts ★ ★ ★

I hope that you have a great summer break. Go outside and make wonderful memories! Take care of yourself and those around you. Be excited for the new school year! You will be amazing!