## A Message from Finola Holyoak, Your Educational Psychologist

You have probably noticed that life is different at the moment. Maybe you are staying at home instead of going to school. Maybe you are going to school, but it is very quiet and you are not doing normal lessons. Your family might be spending more time at home, instead of going out to meet people and do activities. What is different about your life at the moment?

When things change, it is normal for children and grown-ups to have lots of new feelings. Maybe you are feeling excited about being at home. Maybe you are feeling bored or worried. Maybe you are feeling peaceful or creative. Maybe you are just feeling confused! *How are you feeling today?* 

Now is a very good time to talk to people in your house about your feelings. *All feelings are ok*, even the difficult ones. Sometimes we need help to calm down if our feelings are too big. Tell a grown-up if you are having a difficult feeling, and together you can talk about what to do. Most of the time, just *talking about your feelings* is enough to help you to feel better.

