



Take care of yourself

By Owethu

Dear Lisa,

hi! I am hoping that you are fine there as I am fine here in Swaziland at Loredana's. My name is Owethu, a school going person. I like playing basketball and football.

I have lots of friends, one thing great about me. I like people a lot. I read your letter and discovered that you don't have friends, also that you have bad dreams at night.

I can imagine you as a great person, one thing you should do is to wake in the morning being positive, and be confident with yourself and start your day confidently.

When you have bad dreams at night, just wake up and pray for maybe a second or two, I promise you from there you will peacefully sleep. Sometimes when I have bad dreams I usually remember my mom because she died in a car accident. But this is what I did, I did cry but I told myself that there is a life ahead of me and with time I will be okay, so I must be strong.

I am one person who is lucky because I went to Loredana and it is a great home. I have a meal three times a day which not all of us in our country do, so embrace every situation that you are in and the ones you come across.

I know you are a good person, don't really be into friends because you might even forget about yourself or your future, so first consider yourself and then others later.

Let me tell you something great about my country. My country has got mountains which are good for hiking and for heights. There are also good places for tourists which are very interesting and attract tourists from other countries.

I hope from this year going on you will be a great person and mingle with people and if they don't want to be with you, carry on with life because gradually they will come back.

I wish you a very happy Christmas and a blessed new year.

Lots of love

Owethu