

# The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

We hope that you all had a lovely and relaxing summer break and that batteries are fully recharged for the year ahead. The return to school is always exciting but, understandably, comes with certain levels of anxiety. Please do talk to us about any worries or concerns that you or your child may be experiencing. We will always listen and try and help in any way we can.

Please look after yourselves and each other in the year ahead and stay kind.



## Look For What's Good

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources.

So, although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.



Brain Break Breathing

## Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.

## WEATHER YOGA



**It is sunny.**  
EXTENDED MOUNTAIN POSE



**It is windy.**  
TREE POSE



**I see lightning.**  
CHAIR POSE



**It is raining.**  
STANDING FORWARD BEND



**It is snowing.**  
CHILD'S POSE

© Kids Yoga Stories.

## Key Dates:

National Fitness Day Wednesday 22<sup>nd</sup> September

World Mental Health Day Sunday 10<sup>th</sup> October



## If you need help...



Family Information Service (help with finances, wellbeing, housing)

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/parent.page?parentchannel=32>

Restore Hope - 01494 765555

MIND - 01296 43732

Chiltern Foodbanks - 0808 2082138

Employment Support - 01494 463364 EXT 2

Safe Haven Crisis support - 01494 218098

Don't forget we are also here to help.

Don't forget... **Action for Happiness Calendar: Self-care September**

"Self-care is giving the world the best of you, instead of what's left of you"

