

The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

There is ample research to show that deliberately focusing on the good things in our lives can improve our wellbeing. It's easy to give in to our natural negative thoughts, but we can counter that by deliberately focusing on what's good, even during challenging times.

Mrs Sarah Chapman-Allen



Relaxation Activity: Lemon



This relaxation exercise releases muscle tension. Pretend you have a lemon in your hand.

- Reach up to the tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juices out
- Throw the lemons on the floor and relax your hands.
- Then repeat until you have enough juice for a glass of lemonade
- After your last squeeze and throw, shake out your hands to relax!

The Healing Power of Sleep

This year's World Sleep Day will be held on Friday 17th March 2023.

Good sleep is fundamental to good mental health, just as good mental health is vital to good sleep. A good night's sleep is about getting to sleep, staying asleep and getting enough good quality, deep sleep.

Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour.

Primary school-aged child generally needs around 10 to 11 hours of sleep a night, while teenagers need around 8 to 10.

How to support positive sleep for your child:

- * Having a regular time to go to sleep and wake up.
- * Having a predictable and consistent night time routine.
- * Making sure children and young people are in natural daylight for at least half an hour- particularly in the morning.
- * Making sure children and young people get enough exercise during the day.
- * Older children should avoid napping in the day. * Avoiding caffeine, particularly in the afternoon.
- * Turning off computer screens or other devices at least an hour before bedtime.
- * Having low lighting and a quiet space in bedrooms.

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: Mindfulness March**



"You are the sky. Everything else is just the weather" Pema Chodron

Yoga Cards

Corpse Pose - Savasana

Benefits Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.

