

# The Feel Better Newsletter

Dear Parents, Staff and Iver Village Community,

It is great that we have had some sunny weather recently, perfect for being outside.

This terms newsletter is all about the benefits of spending time in nature. I think that sometimes, we can take nature for granted, we don't always take time to appreciate the world we live in. You can experience nature in your garden or go on a local walk.



**You wont remember your best day of watching YouTube.  
So go outside, make memories!**

## 5 ways to wellbeing

### **Be Active**

Go outside for a walk or explore your nearest nature reserve

### **Connect**

With the people around you, share your wildlife experiences

### **Give**

Do something to help your local place and the people that live there

### **Take notice**

Of the everyday wildlife on your doorstep

### **Learn**

Ty something new outside



There are so many positive effects of spending time in nature. Being outdoors improves your mood, makes you feel less stressed and angry. It helps to build self-confidence and positivity. It's great for your body and your mind!

Why not take a look at:



<https://www.bbowl.org.uk/> - The Buckinghamshire wildlife trust - lots of great information, resources and places to visit

<https://www.birdnerd.io/> - Bird call identifier app - it will tell you the name of the bird that you hear!

Why not visit Iver Environment Centre! They have some great activities and ideas to do outside with the children! See the next page for some of their ideas.



## Be Creative

There are lots of outdoor crafts that you can do, they don't cost any money! One of my favourites is creating nature pictures. Start by looking around your garden or local area for materials that you can use. Pick things that have fallen on the ground and leave plants to grow. I would love to see your creations.



**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.**



1. Visit a river - what can you see on its bank and in its stream?

Plants, fish,  
pebbles, insects?  
Anything else?

2. Look out for butterflies - there maybe a few about. How many did you see?

3. Grow something! It could a flower, herbs, vegetables or even a tree.

You could visit a park, lake, or  
even woodland. Share a photo of  
your visit with us.

4. Visit a place in the Colne Valley you haven't been to before - what did you like about it?

5. How many different types of leaves can you spot? Can you name any?

You might see them on trees,  
hedges, or flowers

6. Go in search of the wild dandelion. How many can you find?

It got its name from French dent-de-lion -  
lion's tooth. Which what its leaves look like.

7. Make something out of sticks.

You might want to make your name, a  
mini-beast hotel, or a picture.

8. How many different birdsongs can you hear? Could you identify any?

Visit Bird Identification  
Apps to help you

9. Go on the hunt for minibeast. What did you find?

You might find slugs, worms,  
beetles, spiders, ants, earwig,  
woodlouse and snails.

10. Go on a nature walk. Draw some of the things you saw.

11. Follow a bumblebee. Where did your bee fly to?



You might here birds,  
insects, the wind, river  
flowing, rustling  
animals?

12. Listen to nature - Close your eyes and listen - how many sounds can you hear?

13. On a clear night do some stargazing. What can you see? You might spot a shooting star!

Visit websites to learn more about constellations (star patterns) and  
astronomy.

