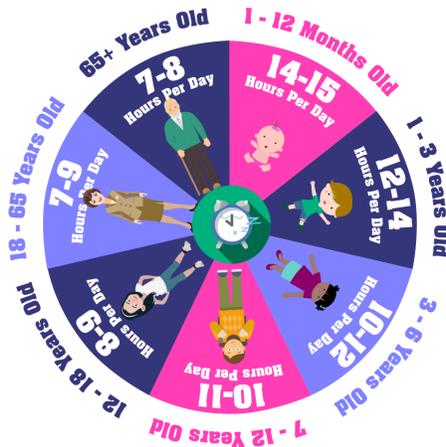


June 4, 2020

Hello Families -

There is certainly a lot of “unrest” in our world today. As the school year comes to a close, I would like to encourage you to think about the value of REST. Rest is necessary for our health, and has been shown to improve heart health, boost immunity, and decrease levels of stress hormones in the body. Use this chart to make sure your child is getting enough restful sleep even during the summer months. These recommendations from the Sleep Foundation may surprise you, but adequate sleep is necessary to support the rapid physical and mental development of children.



I'm not suggesting that our students sleep the whole summer away! Here are some ideas about giving your child's mind some “rest” this summer. Try them along with your child and they will become refreshing habits for your family.

1. Continue to learn new things... Learning something new and fun keeps your brain cells firing in new ways and provides a break from the same old habits and ways of thinking about things. Reading a book from a new series, or about a topic that is not your usual pick is a good way to shake things up a bit.
2. Get creative...sing, dance, build, color or draw. These activities use a different side of the brain than what is most often used in school every day.
3. Be flexible...stretch your body's muscles in addition to sports and athletic activities. You can find ideas [here](#) or check out a book on yoga poses from the library.
4. Use “thought stopping”... Choose one thing that creates stress for you and tell your mind to stop thinking about it for a set amount of time. It takes practice, but it provides a welcome mental break. Whether it's the news, the phone, video games, or gossip, find 10-15 minutes a day and choose not to think about anything stressful during that time. Take a walk, take a nap, take a bath/shower....whatever works for you to decrease stress a little bit each day. Ask your child how they would like to “turn off stress” in their day.
5. Focus on the positive... Consider things that make your heart happy and thankful. Practice listing positive things each day with your child.

While we didn't get to celebrate the end of the year in the usual way, we can take a moment together to recall the amazing growth that happened during the 2019-20 school year. Please join me for our final online guidance lesson by clicking [here](#) to view “A Heart Full of Memories”. Celebrate the end of this year by talking with your child about their proudest achievements, their happiest moments and the special relationships that were built here at DFES.

Enjoy your summer!

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