

High Five

Issue 3: Friday 8th May 2020

Primary
Behaviour
Support &
Provisions



When schools are open it's our job to help people when life is tricky. Our symbol is the rainbow because we know there is always hope that things will get better. Right now life is tricky for everybody so while schools are not open as normal we are going to send out this newsletter with ideas to help.

This is our virtual high five to help us all stay connected even while we are apart.

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Welcome to High Five!



Welcome back to High Five. We hope you've had fun with the messy painting and speaking giraffe! Remember all of our activities are based on the Take 5 model developed by the Public Health Agency. You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>



We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**

Coping with Stress



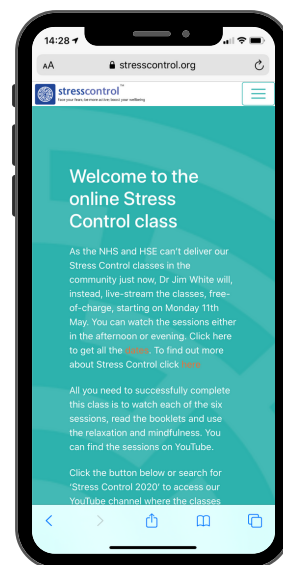
<http://www.stresscontrol.org>

The Public Health Agency are running online classes for coping with stress. The next block of live streamed sessions commence:

Monday 11th May 2 – 3.30pm or 8.30 – 10pm

Tuesday 12th May 2 - 3.30pm or 8.30 - 10pm

Topics covered include an overview of what stress is, controlling your body, your thoughts, controlling your actions, techniques to get a good night's sleep. Stress control is a class, not 'group therapy'. People can take part in the class from the privacy of their own home.





Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Connect

Have fun with friends, talk with family, help out at home, share your feelings. Being connected makes us feel loved.



Give

Do something nice for a friend or family member, share, smile. Give to yourself - play, be creative, use your imagination, draw, paint, dance, dream. When we give to ourselves or others it makes us feel happy.



Take Notice

Watch and listen to what's going on around you, changing seasons, bugs, birds, flowers and rainbows. Take notice of how you feel.



Keep Learning

Read for fun, learn how to do something new, try your best. Set a challenge you will enjoy. Learning new things makes us feel proud as well as being fun to do.



Be Active!

Balloon Ball Games



When we are spending more time indoors we can't play our favourite ball games without causing a lot of damage! Try changing the ball for a balloon and let us know how that works. We've made three suggestions to get you started. Be sure to ask a grown up to move any breakables out of the way before you start!

Balloon
Football



Balloon
Basketball



Balloon
Tennis



Send us pictures of any balloon ball games you try at primarybsp.enquiries@eani.org.uk

Connect!



Looking forward to...

Every time your family wishes that they could go somewhere, do something, see some friends and invite them round, go to visit people or a new place, write it down on a piece of paper and put it in a jar. Then when lockdown is over and life begins to go back to normal your family will have a jar full to the brim of wonderful wishes. You can then work through the activities and be thankful for all the wonderful things we have in our lives.



Make a Right Now jar with your family to remember all the great things we can still do in lockdown! This is Mrs Mallon's jar - don't you just love the idea of a living room picnic?

Give!

Meet Michelle

Michelle works in the Spar in Whiteabbey looking after the orders and making sure the fridges and freezers are at the right temperature. Mrs Hendron asked how things have changed since the lockdown started.

Can you think of 3 words or phrases to describe your work right now?

Harder, because there are more things to be done.

Takes longer, because of social distancing measures.

Stressful, because sometimes customers can be a bit impatient.

How do you feel about going to work?

At the start I felt a bit apprehensive. Now, with the everyday routines of regular hand washing and keeping social distance, I have become used to it.

How is your work helping people?

I am helping to keep everybody fed, and to have beautiful gardens! In the last 4 weeks our chain of shops has sold £294,688 worth of shrubs and bedding plants.

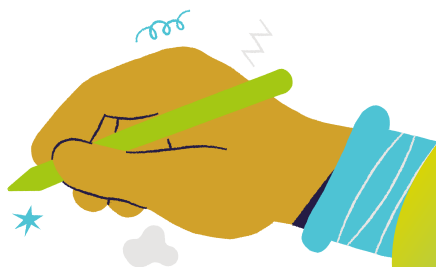


What do you do to relax after a day at work?

I like to go home, have a relaxing bath and sit down and watch some TV.

What 3 things are you most looking forward to after Coronavirus?

The first thing I am looking forward to is meeting up with my family, especially my mum and dad who are in their seventies and self-isolating. I haven't seen them in over 2 months. I can't wait to go out to a restaurant for a lovely meal. I'm also looking forward to a night out for a good boogie!



Let's send an email, draw a picture or write a note to say thankyou to all the keyworkers, like Michelle, in our local shops and supermarkets. They are helping us stay safe while we buy our food!



Give!

#KindnessMatters



18th -24th May is Mental Health Awareness Week and this year the theme is kindness.

Notice the moments where people show you kindness and do some acts of kindness for the people in your home and your neighbours.

Kindness can be as simple as passing on a smile. It can be bringing a neighbour some shopping. It can be giving mum five minutes to have a cuppa.

Let us know how people have been kind to you and how you are being kind to others this week.

*click here
grown ups*



Mrs Galbraith's cousin kindly leaves treats on her doorstep



Mrs Moss' act of kindness is cutting out scrubs for keyworkers



Keep Learning!

Thinking ishly

Last issue we realised that we need to be brave when we try something new. But sometimes, when we've tried being brave, it doesn't turn out just right or seem good enough. How do we stop ourselves feeling really bad about it or even worse- never trying again?

The secret is to think ishly! One of our favourite authors Peter H Reynolds teaches us the secret of thinking ishly in his book ISH. Once we think ishly we can see that even though our work isn't perfect it's perfect-ish! Thinking ishly gives us freedom because we know it's not about being the best - it's about doing our best! We even don't mind if other people see the wobbly lines we draw or the mistakes we make while learning something new.

So before you start your school work - turn on your ish thinking. Then get stuck into your spelling-ish, numeracy-ish and literacy-ish!

We know you'll be perfect-ish!

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[Click here for more](#)



Draw some ish pictures and send them to us at primarybsp.enquiries@eani.org.uk



Help out the people in your house if you see them getting upset while trying something new - remind them to think ishly and keep going!



**Take
Notice!**

Take a Little Long Look



Find a plant. How many leaves does it have? How many petals? How many colours? Does it smell?



Look out the window for one minute and count how many colours you can see.



Watch the clouds for one minute - do they change shape? What do they look like? Clouds are very creative - they like to make ish pictures- can you see any clouds looking like a dog-ish? An ice cream-ish?

Find a bug and look at it for one minute. Did you notice anything at the end that you didn't see at the start?



Enjoying Right Now

While we are all busy filling up our looking forward to jars, Primary Behaviour Support & Provisions staff are **grateful** for all the things we can enjoy right now. When you see the word grateful think thankful!

I am very grateful for my garden, the varieties of flowers and trees, the birds that visit us and the fields and farm animals around us.

Mrs Fullerton

I have learnt new IT skills because of working from home. Myself and all family members are in good health with help of GOD.

Mrs Zahid

Grateful for beautiful scenery on my daily family walk and able to chat to friends who are out on their walk. From a distance of course!!

Mrs Barnes

I am grateful for home made food, the slow pace of life, for the little things that are now big things. I am grateful for my meditation practice and my zoom videos.

Mrs Smolenski

I am grateful for bedtime routines, when it is 7.30 the kids know that it is time for bed and then its time for the boss and I to chill out and overindulge in chocolate and crisps and Netflix!!

Mr Gardiner

Grateful for health service, delivery drivers, shop workers, that my internet is working and for my health.

Mr Scullion

Being able to stay in contact with family and friends thanks to mobile phones etc. Having more time to read. Learning new skills e.g. baking cakes, I was a cook before now I can bake!

Mr Buckley

I am grateful for music (and kitchen discos!), being able to cook and for crafting which is keeping me busy!

Mrs Mallon

In a few words I am grateful for a healthy family and loving home

Mrs Curran

Let us know what your family are enjoying right now and don't forget to let us know if you try any of the activities from this newsletter!
primarybsp.enquiries@eani.org.uk

The Power of PLACE

Dan Hughes



Remember PLACE to help keep relationships healthy during lockdown

Playfulness

- Having fun together strengthens relationships and reduces anxiety
- Expressing a sense of joy – in your own and others' company
- Allow fun to blossom within your relationships

[Click here for more](#)

Liking

- Find something valuable about the other person that you can continue to like, even when you are clashing
- Try not to fall into a pattern of dwelling on the negatives
- Remind yourself of the things you love about them
- Remember to love yourself as well!

Acceptance

- Accept people where they are at – what they're thinking and feeling right now is normal and important
- Show them it's okay to feel the way they do
- Self care – go easy on yourself too!

Curiosity

- Ask – don't assume how others are thinking or feeling
- Remember to listen to their actual answer instead of listening for the version of the answer that you want/expect to hear.
- Share yourself – your feelings and thoughts
- Remember, opening up and showing our vulnerability helps us to connect with others

Empathy

- Be with the person through whatever their experience is, and experience it with them
- Acknowledge how a situation may be difficult for the other person
- Don't look to "fix" a problem but reassure the other person that they don't have to deal with it alone

Theraplay Informed Activities

Theraplay informed activities are play based activities designed to focus on strengthening relationships, and create a playful and caring atmosphere that fosters joyful shared experiences. These activities will involve many fun games and a shared small, healthy snack. These activities are personal, physical and fun – a natural way for everyone to experience the healing power of being together.



Structure Activity

The idea is to relieve the child of the burden of maintaining control of interactions. The child set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Pop the Bubble

Blow a bubble and catch it on the wand. Have a child pop the bubble with a particular body part, for example, finger, toe, elbow, shoulder, or ear. This is a structured way of playing with bubbles. Bubbles readily capture the interest of young children and it can be used as an engaging activity either in this structured form or in a manner that invites more spontaneity (for example, by having the child pop all the bubbles as quickly as they can).

Engagement Activity

The idea is to establish and maintain a connection with the child, to focus on the child in an intense way and to surprise and entice the child into new experiences.



Hand Clapping Games

Older children enjoy these games very much. They can be simple (patty-cake) or complex (elaborate rhythmic clapping patterns) and can have a variety of chants, 'A Sailor went to Sea'.

Nurture Activity

The idea is to reinforce the message that the child is worthy of care and the adults will provide care without the child having to ask.



Lotion or Powder Prints.

Apply lotion or powder to the child's hand or foot and make a print on paper, the floor mat, a pillow or a mirror. If you make a lotion print on dark construction paper, you can shake powder on it and then blow or shake it off to enhance the picture (take care to keep the powder away from the child's face).

Challenge Activity

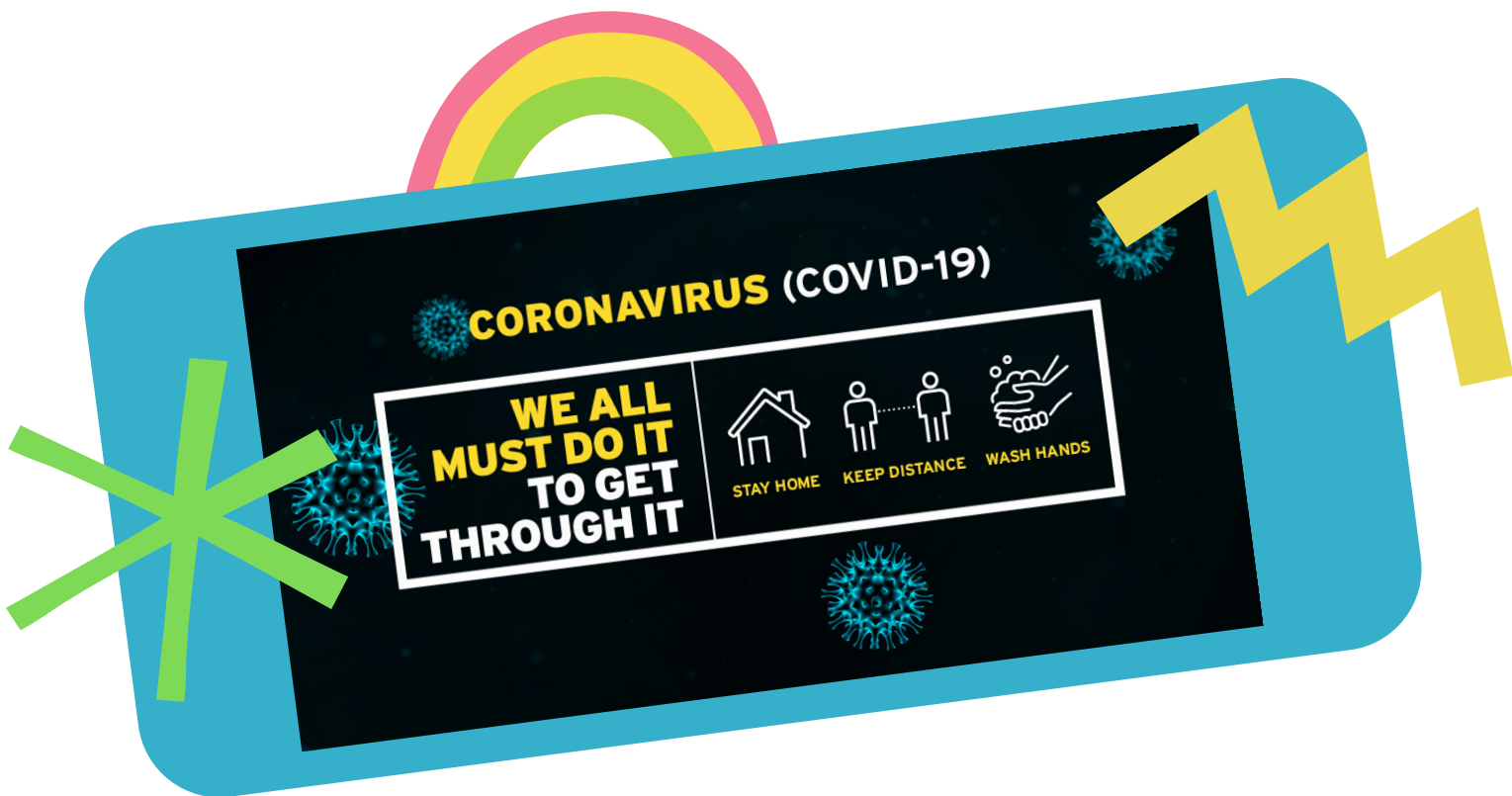
The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



Bubble tennis

Blow bubbles high in the air between you and the child. Choose a bubble and blow it to the child. The child blows it back. Continue until bubble pops.

Grown ups, the Help Hub is just for you. We know that you are all having to adapt and manage a lot more challenges than usual- we would like to help! Are there any specific issues or topics you would like us to cover? Get in touch and let us know at primarybsp.enquiries@eani.org.uk.



[Click here for a film about staying home](#)



[Click here to learn about keeping distance!](#)



[Click here to see how to properly wash your hands- sing a long!](#)



[Click here to keep up to date with the Public Health agency](#)

