

# High Five

Issue 6: Friday 19 June 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. This is our final issue before you start your summer holidays. We want to help you take time to think about all you have achieved over the last 3 months and start sharing good ideas to help get us ready for going back to school.

Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). 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](mailto: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.**

## Bumper Summer Issue

We are bringing out a bumper summer issue of HIGH FIVE at the start of July. This will give you loads and loads of ideas to stay healthy inside and out over the summer holidays. Check our Twitter and Facebook pages for a download link on 30 June.





## 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.

# Take Notice!

## The Two Parrots

Primary Behaviour Support & Provisions staff love parrots. They are beautiful birds, flamboyant and totally unmissable. You can't ignore them. They are also loud. Let's imagine that we have two pet parrots and one LARGE bag of birdseed.

Every time someone walks past parrot 1 he says things like...

You are working really hard at home

That was great when you worked that out!

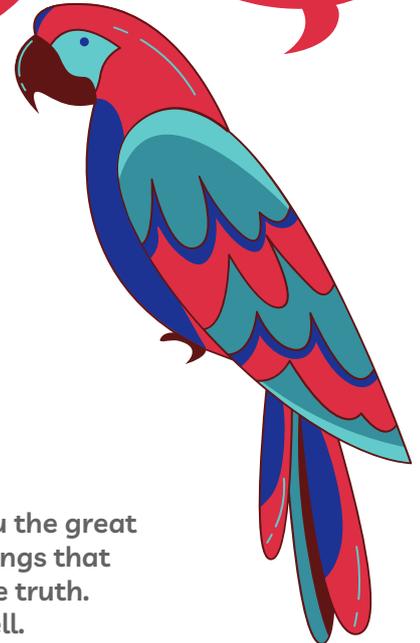
You are so helpful!



The second parrot has a great vocabulary too but he says things like...

You really messed that up again, didn't you?

You're going out dressed like that?



We all have those two parrots in our heads. One tells you the great things about you and the other one tells you all the things that you don't like about yourself. Sometimes they tell the truth. Sometimes they don't. Sometimes it is hard to tell.

Listen to parrot number 1. Feed him well, allow him to say nice things about you. We all need that.

Don't feed parrot 2 just as much. We still need him to remind us that we can mess up and we aren't perfect, but don't let him talk too much. Feed him just a tiny amount. Take notice of which parrot you are listening to! Capture the thought and decide if it is helpful or not. Control your parrots!



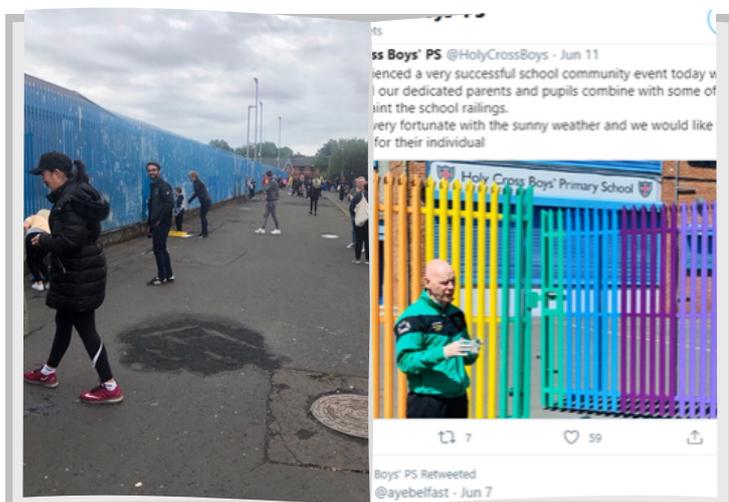
# Coming together Keeping apart

School staff are busy right now getting ready for you to **come together while keeping apart**. Here are just a few great ideas schools have shared with us.

*Click here to watch the video*

Knockevin Special School can't wait to see their children and sent them a video message! When the children come together again they will enter the building through bubbles from a bubble machine!

The school are playing guess who - children guess which staff are dressed in PPE!



Pupils from all year groups in Holy Cross Boys Primary School have already come together and kept apart to paint the school railings in rainbow colours! A lovely way to signal new beginnings and reconnect before school returns after the summer.

Keep Learning!



# School Info

Your new school will probably send you out an information pack. They will also have a school website. Use these to learn about your post primary school, then mark off on the checklist what you have learned :

Is there anything else you would like to know? Talk about this and add it to the list!

Clubs I might be interested in



Time school usually starts



Subjects I'll have



Uniform



Map of the school building



Example of timetable



Name of Year Head



Equipment list



If you are still unsure about something... ask! Send school an email and they will be able to help you.



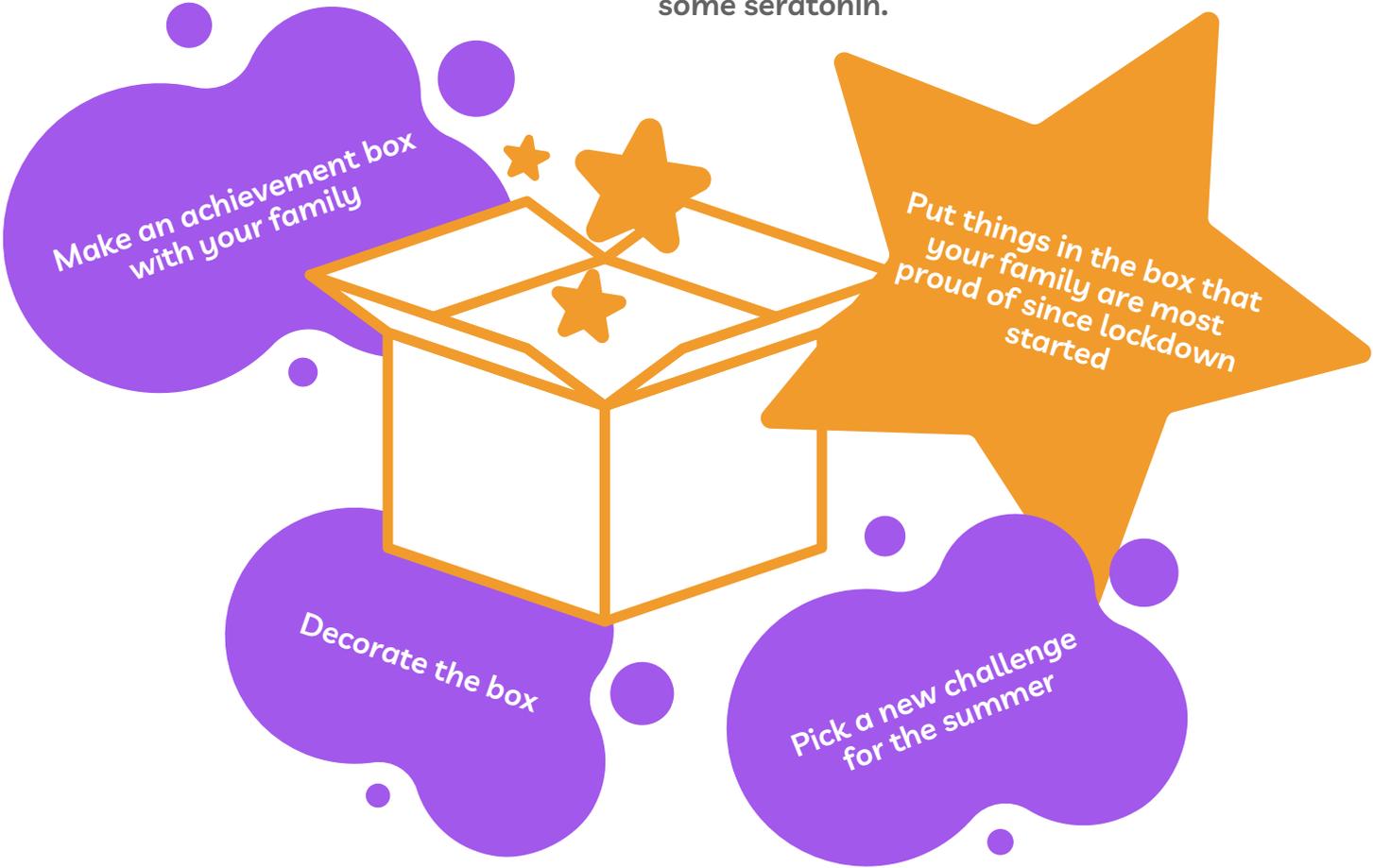


**Keep Learning!**

# Boost your mood!

When we learn something new, complete a challenge or finish a job it feels great! This is because our body produces a chemical called dopamine when we complete something. Dopamine is what makes us feel proud and ready for the next challenge!

When we take a moment to look back at our achievements over a longer time our body also produces serotonin, especially if we share our achievements with other people. Our Keep Learning idea in this issue is designed to help you notice when your body produces dopamine and will also help produce some serotonin.



Make an achievement box with your family

Put things in the box that your family are most proud of since lockdown started

Decorate the box

Pick a new challenge for the summer

Give!

# Meet the secret keyworkers

All through lockdown people have found themselves facing new challenges and even doing different jobs! This issue is going to focus on a group of keyworkers who suddenly had to learn how to be teachers! Only these teachers' children didn't go home at 3pm - they have been there all the time. So let's take some time to say thank you to the grown ups in your home who have looked after you and helped you with your home learning during lockdown. Here are just a few to tell us their greatest achievements since lockdown started!



Christine's greatest achievement during lockdown has been to raise some runner ducks with Aaron. They have two girls and a boy.

Fran's greatest achievement has been to keep peace at home with three simple rules- no shouting, no blaming and doing the best we can! The first 3 weeks were tough but now she is enjoying the lockdown. Family dinners with no technology and everyone being mindful of each other have been great. "It's so nice to hear my wee one saying: 'Mummy I need some time alone' Instead of shouting 'leave me alone or go away' out of the blue."



Although things have been extremely hard, each day like ground hog day, the highlight of lockdown for Kerry has to be how Ronnie has gained a keen interest in reading. Every night Ronnie looks forward to his bedtime stories. He has come on leaps and bounds and is reading very well.

Elaine's greatest achievement during lockdown came from noticing the kind things Lindin did. He has been so kind to her we can't fit in all the examples but they include surprise cups of tea and cleaning the bathroom! After hard days she and Lindin start afresh and forget the negatives!



# Give!

Write a note, draw a picture or give a hug and say thank you to the grown ups at home who helped you through home schooling!

Geraldine's greatest achievement during lockdown - 'When the home schooling is done, we have enjoyed fun activities, and at the end of the day taking time to share, talk and listen to each other' Here is Eimear and Ciara's cafe with all cakes made with fresh ingredients from the garden.



Jacqueline has been making the most of the extra family time during lockdown, with baking together, and lots of family walks to the beach and the forest.



Noeleen introduced a new rule during lockdown: "No eating in your bedroom", so that meals would be family time. It wasn't an easy rule to enforce, but she persevered and now the family can enjoy meal times together. Great job Mum!



Stacy has achieved better mental health for her children and herself. Before lockdown school days were a constant battle that often ended in tears, meltdowns and refusals. Monday through to Friday she would dread waking up in the mornings. Since lockdown started her children are happier, less anxious and more willing to learn. There's no pressure or demands and they're in an environment they trust and feel safe. Happier kids, happier mum, happier home.



Kris's greatest achievement: 'Growing strawberries together and seeing them blossom over the weeks has kept us busy and given us a new interest as a family.'



Connect!

# Game Time

Simple games to play with the whole family



Touch and Feel

Take different objects and put them all in one bag. Now describe one object to the other player and ask them to put their hand inside the bag (without looking), feel the objects and take out the one which is closest to the description. Alternatively, you can let them put their hands inside the bag and tell you what they feel.

You will need:

A bag of cotton wool balls

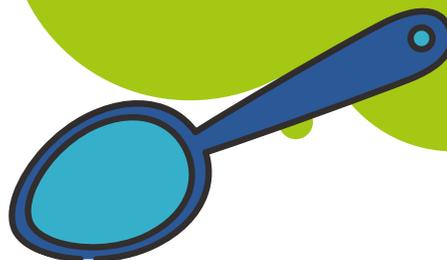
A spoon

The aim of the game is to try and move the cotton wool balls from one room to the next. It's not as easy as you think. The feather weight cotton balls make it easy to fly off if they don't balance just right.

One player: use a timer to see how quickly you can move them

More than one player: see who finishes first!

Cotton Ball Run





# Coming together Keeping apart



Meet  
Rachel

When we have to do something new it's always a good idea to find someone who has already done it and ask them for advice. So that's what we have done! Rachel is from Carrickfergus and is teaching 4 and 5 year olds in England this year. Her children have already come together and kept apart.

## **What one piece of advice would you give school staff who are getting ready for school to come together while keeping apart?**

It is just like you never left! Yes there are new changes in place and it is hard even as staff to keep apart and social distance all the time but it's important to be good role models like we usually are. We've come up with funny and exciting ways to get each other's attention- waving, shouting and pulling silly faces. It's lots of fun and the kids think it's hilarious! We also gave our new "bubble" (group) a name to give us a new identity and a sense of belonging together.

## **What one piece of advice would you give parents who are getting ready for school to come together while keeping apart?**

Every school is different. However, it's amazing how quickly children adapt to new changes. Kids are resilient. They have really taken well to the new changes, surprising me by eagerly skipping & running into school every day with huge smiles on their faces, taking everything in their little strides! Yes there were a few tears on the first day (just like there would be after summer holidays) but I think it was harder for the parents more than the kids to say goodbye. The children were really excited to return to school.

## **What was the best thing about coming together?**

Seeing others again! Also getting back my own structure and routine! (It's not just the kids who need it!)

## **What was tricky about your work this week?**

I was a bit worried at the start of this that I would have to get rid of all of the lovely things that the children have been used to playing with and which they love so dearly! I have still been able to keep some (washable) toys. Things that are really easily cleaned! The children are also quite happy playing games and quick to use their imagination to turn the simplest into the amazing! The long and short of it is...they are still 4-5 year olds, let them play, enjoy and have fun.

## **Has coronavirus changed the way you feel about your work?**

I love my job! It's what I trained at University to do so I am glad to be back teaching the minds of the next generation. I guess it's been more of an opportunity to reflect and appreciate as teachers what we love about the job most.

## **Can you think of 3 words to describe your work right now?**

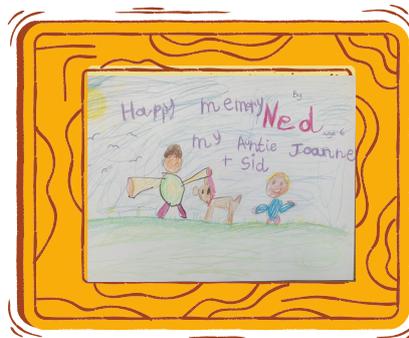
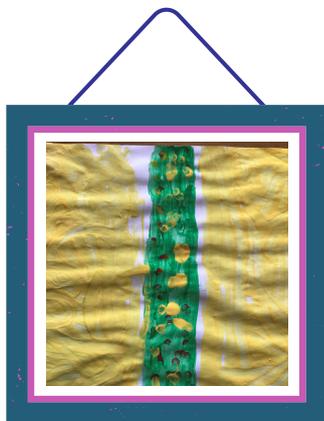
Rewarding, flexible and supportive.

## **What one piece of advice would you give children who are getting ready for school to come together while keeping apart?**

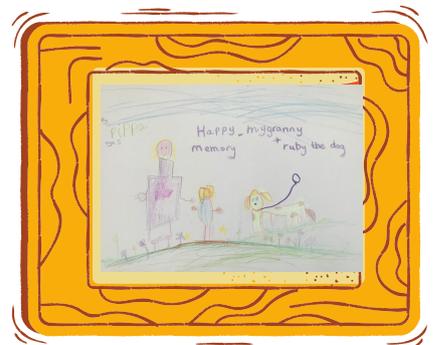
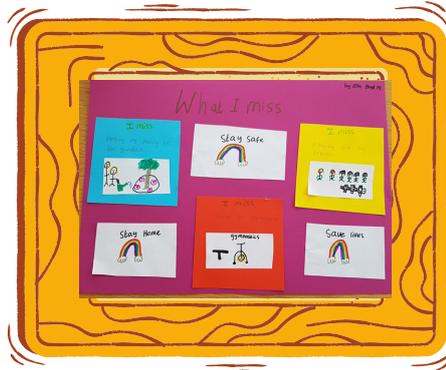
SMILE...be happy, stay safe! After every storm comes a rainbow! We welcome you back! Your teachers and school have missed you!

# Connect!

Our panel of judges had a really tough job picking winners for our competition. We loved looking at your beautiful pictures showing who you were holding in mind. Here are some of the entries...



# Connect!





# Coming together Keeping apart

might have heard that  
are able to come back to  
namore to help with  
learning. I wanted to  
to you about what that  
it be like.

will come to Tamnamore  
uesday and Thursday  
things from 10am til  
n.

hope to be able to do our  
ing outside in the  
ground and in our  
ide classroom.

You need to remember to  
bring a snack and a bottle  
of water.

You could bring a cap and a  
coat too and remember to  
put on your suncream at  
home!

There will be some learning  
activities each day. You will  
have your own desk with all of  
the equipment you need for  
learning. You will be able to  
play with some of the play  
equipment - but sadly the rules  
say we can't use our  
playground just yet!

Staff will be there to help you  
learn, it might not be the same  
grown ups each day though,  
we all want to share spending  
time with you!

We all need to follow the rules  
about washing our hands and  
catching coughs and sneezes.

We have to remember to stay  
2 metres apart, no personal  
space invaders!

You will have your own  
activity planner and target  
sheet to take home each day!

AM I BEING A  
PERSONAL  
SPACE  
INVADER?

- The person looks confused, annoyed, uncomfortable
- The person backs move towards the
- The person puts things with their partner
- The person starts around when they
- The person talks when they
- The person starts to squirm when they
- The person's body

See you soon! Mrs Mallon

Tamnamore EOTAS sent a letter explaining how things will work when we come together again.

George, the Fir Trees EOTAS mascot, has been posing for photos to show the children what things will be like when they come together again.





**Be Active!**

# 60 Second Obstacle Course



Lots of schools have been having virtual sports day activities. One of our favourite events is the Obstacle Course.

Use whatever items you can find at home - teddies, boxes, cushions, to set out a course of obstacles.

**This game is best played in the garden if possible**

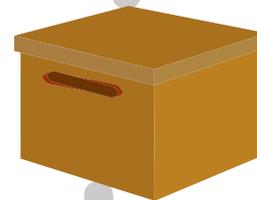


## Ready-Steady-GO!

See how many obstacles you can jump over or run around in 60 seconds.

You get a point for every one!

Try some different routes over the obstacles and see if you can get a higher score.



## Score Tracker



Tell us about your obstacle course at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

# New Pathways



P5/6/7 in Straid PS created new pathways in their brains by following a 3 part lesson to create these masterpieces!

# Being Held in Mind



Just thought that I would send you a wee card to let you know that I am thinking about you and missing you very much.  
I have loved having you in my class in P3. Your wee smiling face brightened up my day!  
I hope that it won't be too long before I get to see you again.  
Look after yourself and stay safe.  
Lots of love,  
Mrs Berry  
x x x



The staff in Abbots Cross PS posted cards to their children with a personal message



bee strong

Sending Sunshine to brighten your day  
Mrs Margaret & Mrs Andy

# Keeping in Touch

The staff in Primary Behaviour Support & Provisions aren't visiting their pupils in school right now but we are still connecting, taking notice and helping make sense of life through lockdown. While we are apart we hold our pupils in mind and these photos help!



Jackson has created a lot of new levels for a computer game



Ali has nurtured these seedlings through lockdown - he is so proud of the new skills he has learned



Iyla-Rose collected shells on the beach and then used them in her garden as part of her outdoors adventure



Deaglan enjoyed a campfire with his family



Jack wanted his teachers at Thornberry to know he was using their recipe to make delicious pancakes!



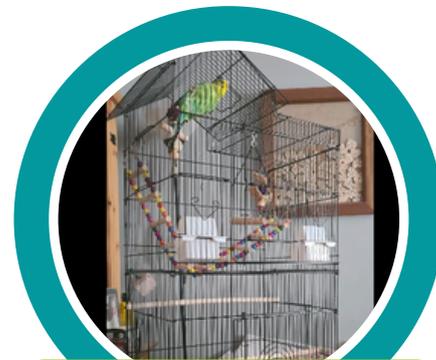
Adam decided to make drawings for his classmates to show them he was thinking of them. What a lovely idea!



Ben made a man from a packing box and gave him different feelings. Ben's box man gets sad when it's bedtime!



James has spent some time learning to ride his bike safely. Here he is using his new skill!



Tiarnan helped Mummy to build a new bird cage for his bird Max.

# Reading Faces

It's a good skill to be able to read a face. This means looking for clues about how people are feeling. It's a bit harder when they are wearing a mask but not impossible! So long as you can see the eyes you can still have a go at reading a face. Start training now. Look at these pictures of Primary Behaviour Support & Provisions staff wearing masks. Can you tell which of us are smiling and which of us are frowning? Have a guess and then check your answers on the next page. Some of us have two photos showing one smiling and one not smiling. Can you tell the difference?



# It's harder than it looks!

You will probably start to see more and more people wearing masks in the next few months. Practice reading their faces because it's a hard skill to learn. But just remember - it might be a hidden smile!



Send us pictures of your face masks and don't forget to let us know if you try any of the activities from this newsletter!  
[primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)

# The Three Rs

Dr Bruce Perry



What do we do when our child is feeling big emotions and everything we try seems to make things worse? When this happens your child is dysregulated which means their brain in responding in a way that has triggered the alarm state. When we are dysregulated it is harder to listen, understand and manage our actions.



## The Three Rs

### Regulate

First your child needs to **feel safe** so focus on reducing tension and reassuring them. Say very little and give them space and time.



*Click here for more from Bruce Perry*

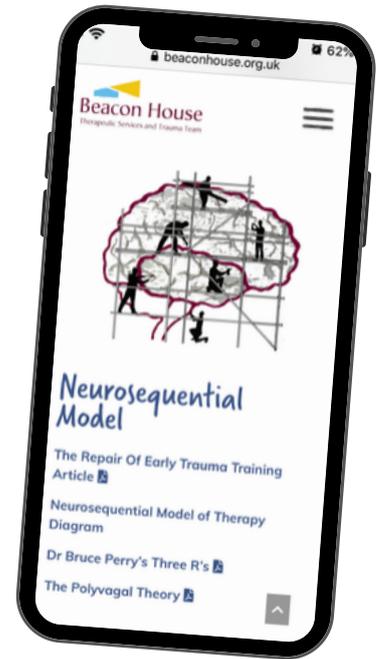
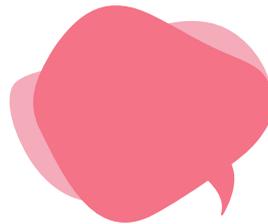


### Relate

Next your child needs to **feel loved** so focus on connecting with them. Be present with them, take an interest in them. Share a memory. Let them know you are ok with them.

### Reason

Now your child is **able to talk** about what happened. Be curious with them and wonder what might have happened. Talk about alternative ways to manage these big emotions when they come.



Until a child is regulated they won't be able to relate and until they relate and are connected to you they won't be able to reason with you and talk about what happened. Next time your child is beginning to struggle think about which R they need right now. Be patient, it can take a while before your child is ready to talk about what happened. Sometimes it's even the next day.

# 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 adult set limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



## Measuring

Measure the child's height, length of arms, legs, feet, hands, and so forth. Keep a record for later comparisons. Measure surprising things, such as the child's smile, the length of their ears, how high he can jump, and so forth.

## 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.



## Mirroring

Face the child, move your arms, face or other body parts and ask the child to move in the same way. For a very active child you can use slow motion or vary the tempo. Take turns being the leader.

## 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.



## Face Painting

Use a soft dry brush and pretend to paint the child's face, describing her wonderful cheeks, her lovely eyebrows and so forth as you gently brush each part.

## Challenge Activity

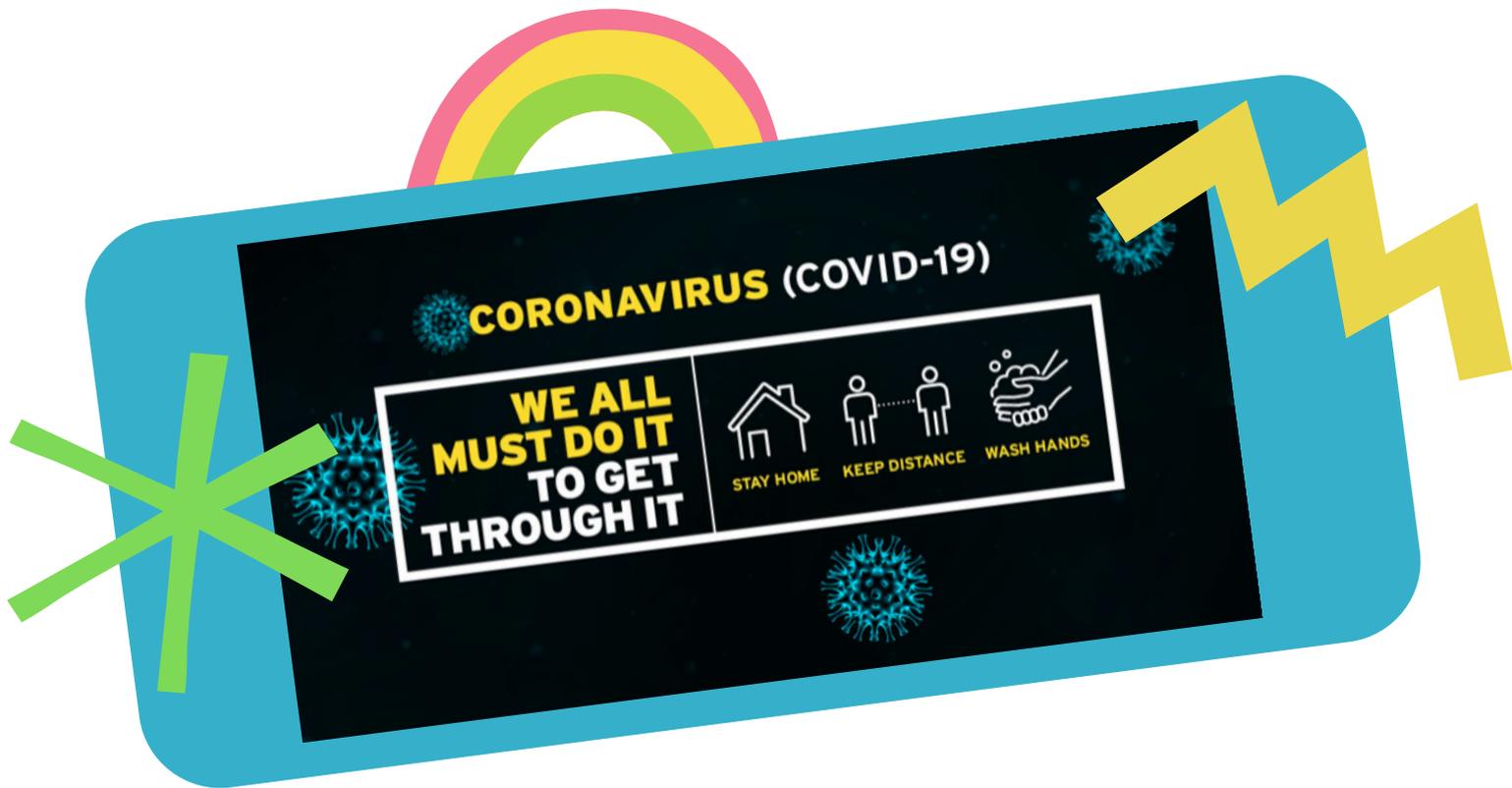
The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



## Newspaper Punch, Basket Toss

Stretch a single sheet of newspaper tautly in front of the child. Have child punch through the sheet when given a signal. You must hold the newspaper so firmly that it makes a satisfying pop when the child punches it. To extend the activity, you can add a second or third sheet of paper, have child use the other hand and vary the signals. For the basket toss, crunch the torn newspaper into balls. Have a child toss a ball into the basket you make with your arm.

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](mailto: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!](#)



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