

High Five

Issue 5: Friday 5 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.

Inside this issue

- 03 Making Sense of Life
- 06 Nifty Neurons
- 07 Meet the NHS
- 10 Keep Apart
- 13 Lockdown With...
- 15 60 Second Challenge
- 16 What Does 2m Look Like?
- 18 Help Hub- Concentration
- 19 Help Hub- Theraplay



Welcome to High Five!



Welcome back to High Five. It's our job in Primary Behaviour Support & Provisions to help people make sense of their life especially when things are tricky. In this issue we are going to give you ideas to help you make sense of your life during the lockdown.

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

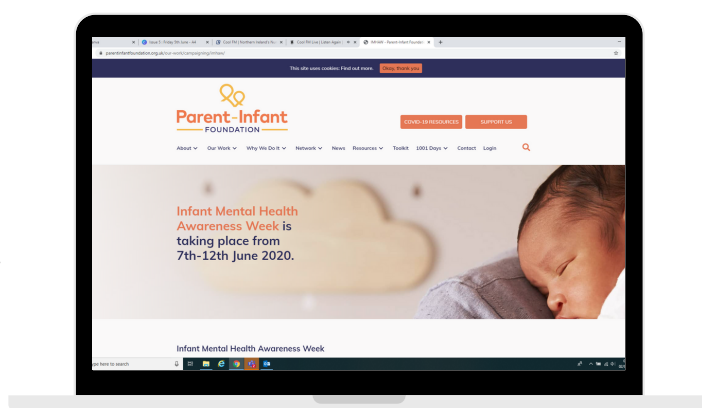
Put High Five in the subject line and **make sure you ask an adult before emailing** - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.

Infant Mental Health Awareness Week

<https://parentinfantfoundation.org.uk/our-work/campaigning/imhaw/>

The theme for this year's Infant Mental Health Awareness Week is 20:20 Vision Seeing the world through babies' eyes. This theme encourages us to think about the experiences of babies and how these influence their mental health and development. Click the links for more information.

Click here





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!

Making Sense of Your Life

Being able to make sense of our life is a really important skill to learn because it helps us to cope when we go through a tough time.

Making sense of your life means:

- you will be able to **cope** in the middle of a challenge
- you will be able to **learn** new things in the middle of the challenge that will help you in the future
- when the challenge is over you'll be able to **move on** and enjoy new experiences.

None of us choose to have tough experiences, but we all have them anyway! Sometimes they are only for a short time and sometimes they are for a longer time. We are going to give you some ideas to help you make sense of your life no matter what you are experiencing right now.

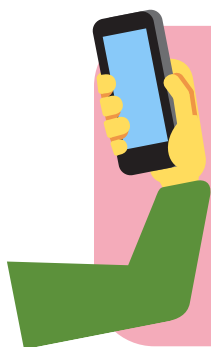
Make a picture to show what lockdown has been like for you so far.



Talk to someone about your day. Talk about the great things that happened and the not so great things.



Take pictures of your life - doesn't have to be fancy. Notice and value the everyday!



Keep a journal - write down what happens everyday and how you feel about it.





Take
Notice!

Great Ideas For Making Sense of Now



Seaview PS in
Glenarm have been
helping their pupils
to make sense of
life in lockdown.
Click here to hear
Eimer's story!

Ollie, Jamie and Mya's
mum had a great idea
and now the family has a
lockdown scrapbook -
well done mum!





Take Notice!

Last issue you noticed that you have changed a lot since you started primary school. Take time to think about what you are like now as you get ready to start post primary school. Make notes, draw pictures, take photos and keep this somewhere safe to look back on when you leave post primary. Here are some ideas to get you started...

When you finish share this with a friend or someone in your family - would they add anything?

My friends right now

How do I learn best?

Things I find easy

Something not many people know about me

Things I find tricky

New things I want to try

Make a collection of photos from your life right now

My favourite things, for example...food, chocolate, TV shows, music, etc



Click here to see staff in Earlvie PS surprise their P7s with a hand delivered message!

Let us know how your school are helping P7 take the next step at primarybsp.enquiries@eani.org.uk



Keep Learning!

Nifty Neurons...

...and what a baby does better than most of us!



Click here to learn more about neurons

What new pathways have you created during lockdown?

Mrs McCloskey and Mrs Murrock are creating new pathways as they learn new languages - Irish, Welsh and Italian.



Mrs Mallon is creating new pathways as she learns to weave.

Mrs Curran is creating new pathways - her mammy is teaching her to crochet.

Think about a baby you know. Maybe a little brother, sister or cousin. Have you ever noticed the most amazing thing about babies is that they understand how to learn. They know that no matter what, you just keep trying. Think about it! When a baby is learning to walk - they always fall over. What does the baby do then? That's right- they get back up and try again! When they are learning to talk they always muddle their words. What do they do then? That's right - they keep talking! Eventually the baby becomes a child who can walk and talk!

In the baby's brain (and ours) there are billions of cells called neurons. When we are learning something new the neurons send messages to each other. The more we practice, the more messages are sent and after a bit of time there is a permanent pathway between the neurons.

This is why it's hard to take on a new challenge- we are creating new pathways between the neurons in our brains! The only problem is when we get older we become embarrassed when we get things wrong. We need to learn from the babies we know! Don't give up!

Give!

Meet Rory

Rory is a doctor in Belfast City Hospital. He is an anaesthetist and usually looks after people who are having operations and making sure they feel comfortable afterwards.

How has your work changed since the start of Coronavirus?

Most operations have had to stop during Coronavirus, unless they are very urgent. Instead I have been working in the Intensive Care Unit working alongside nurses to look after the sickest patients who have developed breathing difficulties due to Coronavirus.

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

Busy, tiring, rewarding

How do you feel about going to work?

I am happy going to work as it is what I am trained to do and it allows me the opportunity to help those who need it most.

What was tricky about your work today?

As I was working a long shift today I did not get to see my baby boy who was asleep when I left the house in the morning and asleep again when I returned home this evening!

Tell us a funny thing that happened at work this week.

The boxer Carl Frampton gave us a video call to say hello!



What things do you do to stay positive at work just now?

Chat to my colleagues, take exercise when I can and enjoy the sunshine!

How is your work helping people?

It keeps them alive by supporting them whilst their bodies heal from the effects of the virus

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

Spend time with my wife and baby boy, go for walks and cook some nice food.

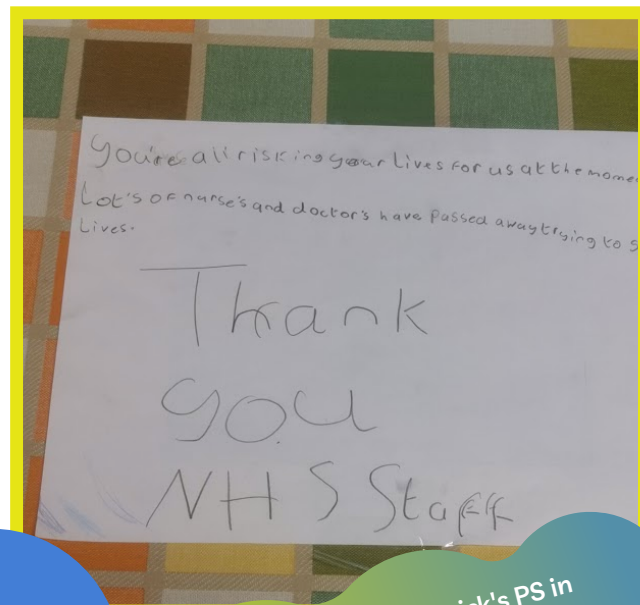
Has Coronavirus changed the way you feel about your work?

It has made me proud to work as part of a large team who have come together at short notice to plan for and manage the Coronavirus pandemic.

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

A nice meal in a favourite restaurant, catching up with friends and family and a holiday!

Mrs Fullerton in Tamnamore made these to show the children they are being held in mind.



Orlaigh from St Patrick's PS in Dungannon wrote a lovely letter taking notice of NHS staff, showing they are being held in mind and thanking them.

Being Held in Mind

How to NOT go to School

A teacher originally from Larne, Mike Forde, wrote a lovely book to help his class cope with the lockdown. It's now been read all over the world!

Click on the link to download the book. All Mike asks is for a small donation to the NHS.

[click here](#)



Give!

Meet Garrett

Garrett is a pharmacist who works in Bangor. Pharmacies are an essential service because they have to be available to give people the medicines they need.



What do you work at every day as a pharmacist?

Along with my team, I provide healthcare advice, make sure people get the medicines they need and know how to use them safely.

How has your work changed since the start of Coronavirus?

We have had to change things in the pharmacy to help us socially distance and put in screens to keep everyone safe. We have had to limit the number of people coming into the pharmacy at one time.

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

Busy, challenging, satisfying.

Has Coronavirus changed the way you feel about your work?

It has made me realise the important role of a community pharmacy. I have gained great satisfaction from being able to help patients in the community who need our services most.

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

I like to spend time with my family, catch the sunshine and go for a leisurely cycle.

What things do you do to stay positive at work just now?

I make sure I connect with the team to maintain a good working environment in these challenging times, and try to find some time to exercise in the fresh air after work.

How is your work helping people?

I help patients get the medicines they need on time and ensure that they understand how to take them properly to avoid any harmful effects. I also advise patients on over-the-counter treatments they can take for minor ailments, which can avoid the need for them to visit their GP.

What has been tricky about your work during Coronavirus?

I miss the day to day conversations with patients as fewer people are coming into the pharmacy. We are also busier than before as we deliver more medicines to a greater number of people who are unable to come into the shop now.

What things are you most looking forward to after Coronavirus?

I am looking forward to being able to relax some of the restrictions and to seeing all of my regular customers again.



Give!

Keep Apart

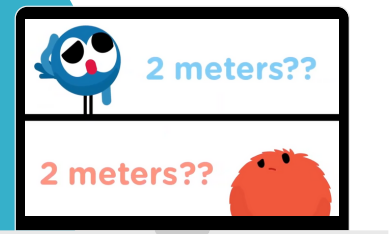
Right now things are starting to change. The government are lifting some lockdown rules and planning for more things to change in the future. **It's really important that while we start coming together more we remember to *keep apart*.** This is a really kind thing to do because it helps to keep other people safe!

When you come together with your friends at school after the summer it will be important to be able to keep apart. It's hard to remember but if you start now and practice all summer you'll have a permanent pathway in your brain and it will be easier! Here are some ideas to help you with your summer training for coming together while keeping apart!

Know what 2m looks like!

The easiest way to remember the distance to keep apart is have a picture in your head of something that is 2m. Click on this video to get some ideas!

Decorate a piece of wood or a strip of paper that measures 2m.



Keeping apart means showing kindness to others. It will mean being patient and waiting when we can't go past people at a 2m distance. When you are out on your bike, going for a run or a walk notice other people and keep 2m apart from them, even if it means you have to stop and wait.

Give other people space

Whether you are an adult or a child this is a hard thing to remember all the time. To help, agree a reminder using the 2m picture in your head! When you hear someone shout this word that means you are too close to another person. Stop, stand back and wait!

Three seater sofa!

Mrs Morrison's reminder word!

Give!

Meet Danielle

Danielle is Acting Nurse Sister in the Pain Clinic in Belfast City Hospital

How has your work changed since the start of Coronavirus?

I have been redeployed to the Intensive Care Unit in the Nightingale Hospital. I normally work in the pain service so it is a big change. I have also moved away from home when I go to work.

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

Educational, warm, interesting

How do you feel about going to work?

I know that we are helping very sick patients and that makes going to work rewarding.

What was tricky about your work today?

Moving around in the Personal Protective Equipment (PPE)- it gets very warm

Tell us a funny thing that happened at work this week.

When opening a bottle of water it exploded and soaked me and 1 of my colleagues, luckily she found it funny. We needed to get a change of uniform.

What things do you do to stay positive at work just now?

Go for walks with my children and husband, have video calls with family, talk to my team mates and spend time in the garden when it is sunny.



How is your work helping people?

I am helping the sickest people with COVID-19.

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

I have learned how to crochet and am making a blanket.

Has Coronavirus changed the way you feel about your work?

I am looking forward to getting back to my own department and seeing my colleagues.

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

Seeing all my family, going on a holiday, going to a coffee shop

Write a note, draw a picture or send an email and say thankyou to all the staff looking after people during coronavirus.

Connect!



Coming Together Keeping Apart

How did you used to say hello and goodbye before lockdown? High five? Hug? Handshake? Now that we are starting to come together again we have to think of new ways to say hello and goodbye that allow us to keep apart.

Click here



Wave



Air Five



Smile

**Hello! Nice
to see you!**

Speak



*Loughview PS staff
came together and kept
apart for Sports Day!*

Connect!



Who are you in lockdown with?

It's been 11 weeks since lockdown started. Some homes have a lot of people living in them and it has been strange having so much time together. Some homes have one or two people living in them and it has been strange seeing less people. It's important to notice your experience and who you have connected with as you have lockdown together. Here are two art ideas to help!



Click here for
step by step
instructions
for making
salt dough

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!



Nathan has been walking his dog



Brandon took part in the outdoor scavenger hunt from SEESAW. He found a HUGE rock with spots on it!



Callum treated mum to facemasks and a pamper night!



Ronnie and Dexter have been enjoying some exercise



Adam made a Skittle rainbow with Skittles and warm water



When he has finished his home learning activities, Jamie loves to create characters out of PlayDoh



Chayada has been putting her amazing Art skills to work in completing pages from her Covid-19 time capsule



Aaron played Xs and Os with Mrs Garvin on Zoom whiteboard



Tiarnan made delicious cakes to make everybody in his house happy



Be Active!

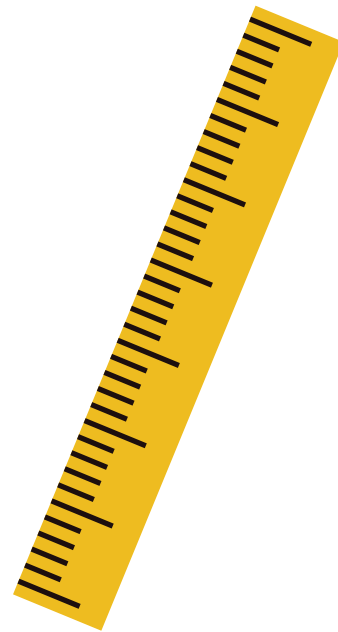
60 Second Challenge

*the 2
metre
version!*

A new 60 second challenge - this time you need to know what 2 metres looks like! If you have a long enough tape measure use that but if not use the picture you have in your head for keeping apart and guesstimate! (That means you just try to be near enough 2m)

Slalom Run

Lay out 3 objects 2 metres apart. Run in and out of the objects and back to the start to complete 1 slalom run. How many can you complete in 60 seconds? Keep track of your score for a week - does it get easier as you create a new pathway between the neurons in your brain?



Score Tracker



Let us know how much your score increased at
primarybsp.enquiries@eani.org.uk

What does 2m look like?

Primary Behaviour Support & Provisions staff have lots of pictures in their mind to help them remember what 2m looks like - here are a few!



Let us know what picture you are using to help remember 2m and don't forget to let us know if you try any of the activities from this newsletter!

primarybsp.enquiries@eani.org.uk

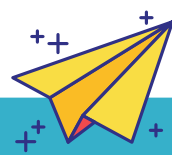
Don't forget our competition!



Think of a person you used to connect with before lockdown. Remember your favourite thing to do with this person. What are you looking forward to doing when you connect with them again?



Make a picture of this memory or thought. It can be anything you enjoyed doing when you and this person were together. Or you can draw what you will do when you reconnect with this person.



Take a photo of your finished artwork and send it to the person you chose. Show them you are holding them in mind!

Share a photo of your finished artwork with us and you will be entered into a competition! Let us know who you are holding in mind. Our friends in the Southern Health & Social Care Trust will help to judge. Arts and craft toolkits will be presented to winners in each category. You will find all you need to know to enter at the end of our last newsletter- click [right here](#) to see it. **The closing date is Wed 10 June 2020. Good luck!**



Supporting Your Child's Emotional Resilience During COVID-19 - FREE ONLINE COURSE

<https://www.brightsparkscic.org.uk/er-covid19>

BrightSparks have launched a FREE online course NOW AVAILABLE UNTIL 12TH JUNE

Designed to support parents and carers of children aged 4-11 years their 2 hour course provides advice and strategies on how we can best support our children to strengthen their emotional resilience, enabling them to navigate successfully through these uncertain times. Click on the web address above for more information.

Concentration activities



You've won the battle today and they're at the table to do some learning. Hooray! Here are some ideas that might help children to keep concentrating.

Break tasks up

- A single piece of white paper covering lower parts of the page will help your child to focus on the question or set of questions they are working on.
- Draw a star or line at an agreed point on the page. When they have worked up to that spot, they get a 5-minute song, game, snack break.
- Use post-it notes that can be taken away as tasks are completed to show progress



Think of learning style

Does your child learn by seeing, hearing or doing?

- Play clapping games, use rhyming or songs to boost their memory.
- Let them "be the teacher" - an excellent way of deepening understanding is to teach it to somebody else - let them teach you or their teddies about what they're learning
- Sometimes standing up whilst they work or sitting back-to-front on a chair can help with concentration.
- Reduce distractions - set up a work station at home where distractions are limited. This includes noise from siblings, pets and parents!

Healthy body, healthy mind

We are most ready to concentrate and learn when our bodies have everything they need:

- Sleep - most primary school children need between 10-12 hours sleep per night
- Water - Scientists say that staying hydrated increases concentration span
- Food - Slow-release energy from oat cereals and Omega-3 from fish are proven to help focus and concentration



Movement helps to maintain alertness:

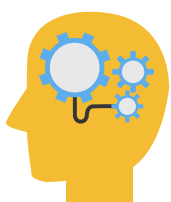
- 5 minutes of movement after or during an activity can help a fidgety child to refocus.
- Try "mini workouts" or 1-minute challenges - how many star jumps can you do in 1 minute?
- Chair yoga or joint stretches

Thinking games

There are lots of games that can be played separately or as a brain break to develop concentration skills:

- Crossword puzzles and picture puzzles - odd one out, spot the difference
- Jigsaw puzzles or Card games like Uno and Pairs
- Tell an "add a piece" story - take turns to remember what the last person said and then add another sentence or item of your own to the list or story.

E.g. I went to the shop and bought an apple...next person has to add something beginning with "b" - I bought an apple and a banana



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.



Drawing Around Hands, Feet or Bodies

Make a picture of the child's hand or foot by drawing it on a piece of paper. Full body drawings require the child to lie still for some time and are therefore more challenging. Be sure to maintain verbal contact as you draw.

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.



Beep and Honk

Touch child's nose and say, "beep!" then touch chin and say, "honk!" guide the child to touch your nose and chin. Make appropriate beeps and honks, as you are touched. Child may or may not be able to supply noises also.

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.



Cotton Ball Touch

Have child close eyes. Touch child gently with the cotton ball. Have child open eyes and indicate where she was touched.

Challenge Activity

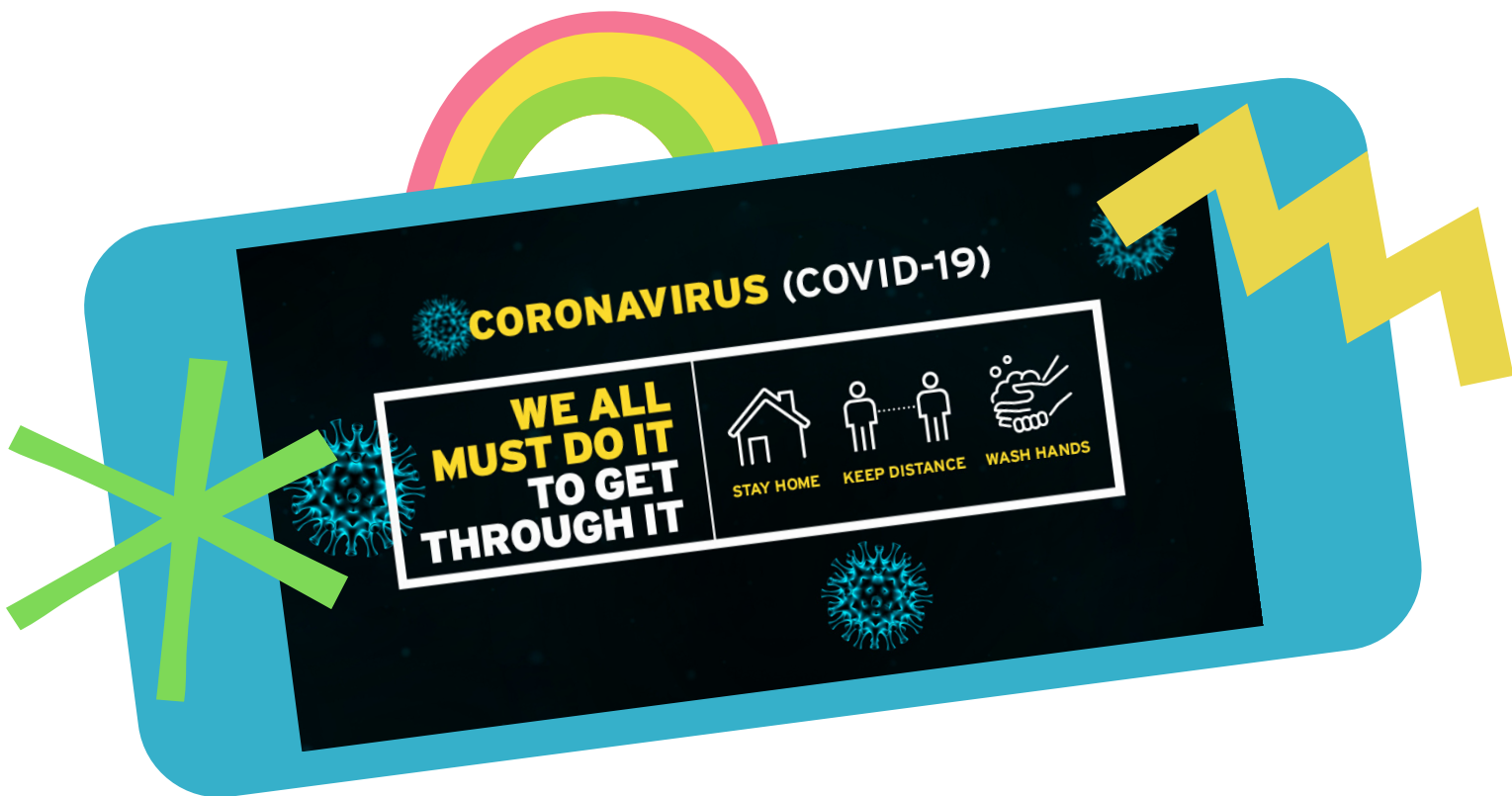
The idea is to help the child feel more competent and confident by encouraging the child to take a slight risk and to accomplish an activity with adult help.



Balancing Activities

The child lies on back on the floor with feet up in the air. Place one pillow on child's feet and help balance it. Add additional pillows one at a time as long as the child is successful. Balance books, pillows, or hats on the child's head and have them walk across the room.

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](#)

