

High Five

Issue 1: Friday 10th April 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 to the first issue of High Five. We want to share some great ideas with you to help you stay well and be happy during this time that you are not going to school. 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 is available at

<https://www.mindingyourhead.info/take-5-steps-wellbeing>



click here

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.**

Stay Connected

<https://www.youthonline.org.uk/stay-connected/>

With limited opportunity for young people to access services and support, EA Youth Services and our Voluntary Youth Service partners want to ensure you are still getting the help you need. Our Youth Work team are still here to listen, support, help and signpost you to other support services through online methods and by telephone.



click here





Take5

steps to wellbeing



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!

Stay Home - Stay Active!

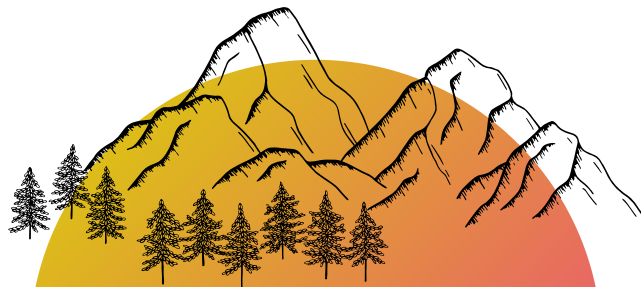
The government has told everybody to stay at home to help keep us safe from the Coronavirus - but that doesn't mean we can't be active. It just means we have to think of creative ways to get exercise! We'd love to know how you are managing to keep active while you stay at home. Let us know at primarybsp.enquiries@eani.org.uk In the meantime here are three of our favourite ideas...



[We all know Joe Wicks is doing daily PE lessons but if you feel like a bit of a break click here for a shorter 5 min workout.](#)



[Click here for daily dance lessons with Oti Mabuse](#)



[Click here to see how a man climbed the height of Mount Everest without leaving his house!](#)

Connect!



Living through history

Did you know that this isn't the first time children had to stay home from school? In 1918 schools and businesses closed because people were getting sick with the Spanish flu. Now people study this event as part of history.

Imagine when you are 50 years old. Children will ask you what it was like when people were getting sick with Coronavirus. They will be amazed when you tell them about waving at granny through the window or decorating your house with rainbows!

Time Capsule Challenge

Create a family time capsule to give a glimpse of what life was like in your home during Coronavirus in the year 2020. Make a plan with the people living in your home and then start gathering! To get you started we've included some ideas and a useful link to resources.

<https://www.kiddycharts.com/assets/2020/04/Covid-19time-capsule.pdf>



- Some photos from this time
- A diary of your days at home
- Local newspaper or news clippngs
- Any art work you have created
- Family / pet pictures
- Special memories

The Rainbow Children

The history books will talk of now,
That time the world stood still.
When every family stayed at home,
Waved out from windowsills-
At those they loved but could not hold,
Because they loved them so.
Yet, whilst they did they noticed all the
flowers start to grow.

The sun came out, they can recall,
And windows, rainbows filled.
They kicked a football in their yards,
Until the night drew in.
They walked each day but not too close,
That time the world stood still.
When people walked straight down the roads,
That once the cars did fill.

They saw that people became ill,
They knew the world was scared.
But whilst the world stood still they saw,
How much the whole world cared.
They clapped on Thursdays from their doors,
They cheered for the brave.
For people who would risk their lives,
So others could be saved.

The schools closed down, they missed their friends,
They missed their teachers so.
Their Mam's and Dad's helped with their work,
They helped their minds to grow.
The parents used to worry that,
As schools were put on hold,
Their children wouldn't have the tools,
They'd need as they grew old.

But history books will talk of them,
Now adults, fully grown.
Those little boys and girls back then,
The ones who stayed at home.
They'll tell you that they fixed this world,
Of all they would fulfil.
The RAINBOW children building dreams,
They'd dreamed whilst time stood still

Gemma Peacock





Give!

Say Thankyou

Right now lots of people are working together to help us all stay safe and stay connected. Each issue we will choose someone to say thankyou to. Right now we want to say thankyou to the people emptying our bins and recycling boxes. Draw some pictures and write thankyou notes. Leave them somewhere safe where the refuse collector can see them while emptying your bins. Or send an email to your local council.



Give a compliment!

Choose a family member and give them a compliment once a day for 5 days. You would be surprised how a small compliment can improve someone's mood and general morale of the household.



Take
Notice!

Look at the birds...



The birds aren't worried about Coronavirus!
It's business as usual for them so have a look out the window and see what they are up to. There's a lot of activity just now as they are busy gathering twigs and moss for their nests before they have their chicks.

Count how many sparrows you spot this week and let us know!

<https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/bird-a-z/house-sparrow/>

Spot the Fun!

At the end of each day make a note of the happy things that happened – don't forget the small things. Here are Mrs Garvin's for last Thursday...

Playing with Murphy the new puppy

Kitchen disco while Mummy cooks the dinner

Family movie night in the comfy corner on the sofa

primarybsp.enquiries
@eani.org.uk



Keep Learning!

The Power of Yet

List three things you can do now that you couldn't do 5 years ago

I can

I can

I can

List three things you can do now that you couldn't do 1 year ago

I can

I can

I can

List three things you can't do - look what happens when you add the power of yet!

I can't

YET!

I can't

YET!

I can't

YET!

[Click here to watch a short film of a girl who understands the power of yet and doesn't give up!](#)

Pet Parade

The staff in Primary Behaviour Support & Provisions are enjoying the company of their pets while they are staying safe and staying home!



Mrs Meehan is enjoying tea breaks at home with Buster!



Mrs Garvin is keeping active at home with new puppy Murphy

Mrs Zahid is staying safe at home with Pi



Mrs Thompson is staying safe with her rescue dog Bailey



Polly and Phebe chilling out with Mrs Morrison at home



Let us know what pets you are staying home and staying safe with and don't forget to let us know if you try any of the activities from this newsletter!

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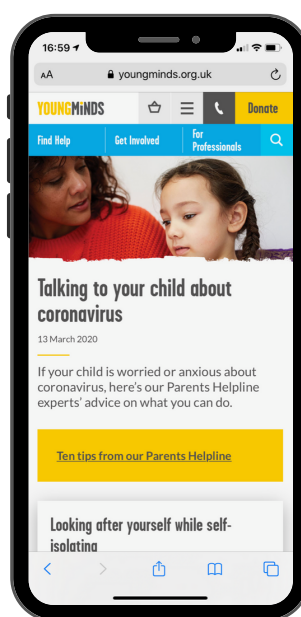
Grown ups, in every issue we will have a section just for you. We know that you are all having to adapt and manage a lot more challenges than usual- we would like to help! Are there any specific issues or topics you would like us to cover? Get in touch and let us know at

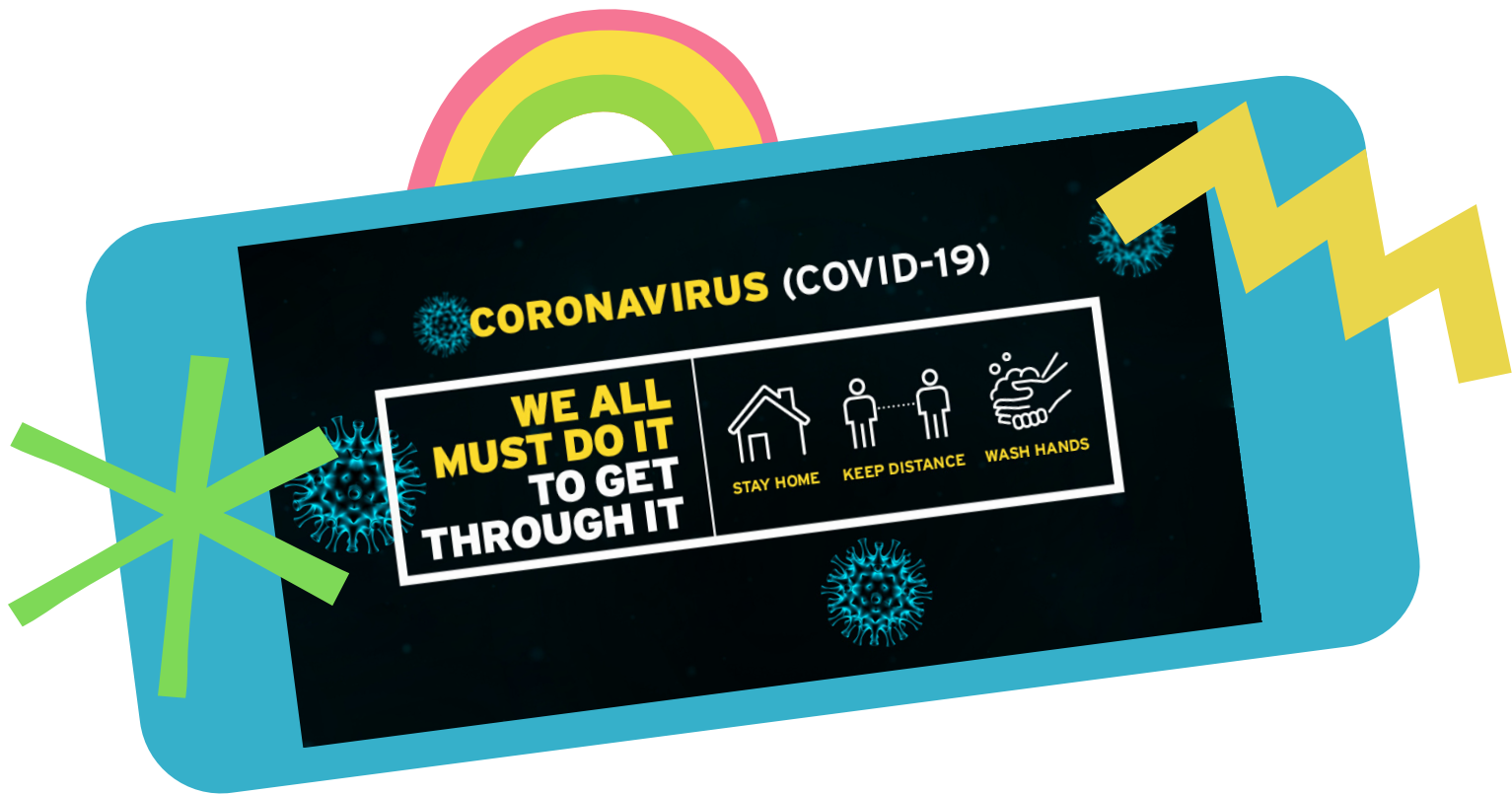
primarybsp.enquiries@eani.org.uk.



How do I talk to my child about coronavirus?

Respond to your child's feelings. Acknowledge their anxiety or fear. **Reassure** them by answering honestly and factually. Remember to avoid drama. Agree that yes, it is a nuisance, "But I'm so glad that the people in charge are taking care of us right now. They have put rules in place to keep everyone safe and happy. Right now, I feel safe and happy." Once your child begins to feel your calm, they will calm. Click on the images below for more tips and advice.





[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](#)

