

High Five

Issue 2: Friday 24th 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 back to High Five. We hope you had fun trying out the ideas in our last issue! 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.**

Eat Well Live Well

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

EA Youth Service launched its Eat Well Live Well programme for Young people aged 4-25 years who need access to a 5-day food box providing breakfast & lunch Monday - Friday as part of a safety net to the provision of free school meals during Covid-19.

Find a Centre Near you here <https://bit.ly/2yuX4Gz>

Get More information here <https://bit.ly/3akfas8>

Register for support here <https://bit.ly/2XUWn4e>





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!

Alphabet Workout

Click here to see how a 99 year old man completed a sponsored walk in his garden

Make up your own workouts by spelling out words. Start with your name - then try longer and longer words....

A	10 Jumping Jacks	J	6 frog jumps	S	March on the spot for 20 seconds
B	6 Squats	K	10 push ups	T	Walk like a crab for 10 seconds
C	March on the spot for 10 seconds	L	Touch your toes 20 times	U	Pretend to dunk 5 basketballs
D	Walk on your knees across the room	M	Skip round the room twice	V	Hop 8 times
E	Run on the spot for 10 seconds	N	4 Squats	W	Stretch yourself as wide as you can
F	Balance on your right foot for 10 seconds	O	Balance on your left foot for 10 seconds	X	10 Squats
G	Hop 10 times	P	Take 5 giant steps backward	Y	Lift your arms up above your head in a Y shape
H	Gallop like a horse for 20 seconds	Q	7 Jumping Jacks	Z	Lie on your back and stretch as long as you can for 5 seconds
I	Take 5 giant steps forward	R	Run on the spot for 20 seconds		

Connect!

Game Time

Simple games to play with the whole family



Indoor Skittles

Hold onto those empty water bottles
Set up the bottles in a row (ideally 10 bottles)

Use rolled up socks or rolled up paper and try and knock over as many bottles as you can.

Tip: you can switch the bottles for other household item such as plastic milk containers, empty toilet rolls...

You will need:

Rolled up socks

Large cardboard box (you were about to recycle)

Turn the box upside down and cut holes of various shapes and sizes

Add points value for each hole.

Stand back, throw the socks and try to get them in the holes.

How many points can you get?

Socks in a Box



Lucy's Blue Day

One of our favourite books is Lucy's Blue Day by Chris Duke with a great message - it's ok to not be ok. Imagine our delight when we found out that he has created a free ebook for right now! See information from the website and links below.

[click here](#)

Lucy is like many other children in the world right now: in quarantine with her family. Her hair is blue, but this time she knows why.

This FREE eBook is designed to help children realise they're not alone in the current conditions with Covid-19, to help them understand it's temporary and to help them express how they're feeling.

We want to ensure that all children know it's "okay, sometimes, to have a blue day."





Give!

Say Thankyou to

...the postal workers and delivery drivers! These people are doing an amazing job delivering letters, parcels, food and medicine to people.



Leave a message on your door, draw a thankyou picture and stick it on a window or if an adult says it's safe and ok you could do a big chalk drawing like this one on the ground outside your house- just write who it is you are thanking under the rainbow!



Send us pictures of your thankyou notes at primarybsp.enquiries@eani.org.uk



Give!

How to speak Giraffe (and avoid speaking Jackal)

Have you noticed that some people can get through a day without creating drama around them? Children magically do what these people ask without arguing, other people (mostly) like them and want to be in their company. The secret is that they have learned how to communicate without aggression. There are two games you can play in life - the isn't life wonderful game or the I'm right and you're wrong game.

To play isn't life wonderful you need to learn to speak Giraffe language (so named because Giraffes have the biggest hearts of all land animals). Giraffe language is when you say something with warmth in your voice and you care about the other person and their feelings.

For example

"Thank you for helping me with that."

"Can you tell me that again, please?"

"I like how you tidied your room without being asked."

"Saying please and thank you is a good start to learning Giraffe Language."

Jackal, on the other hand, is the language we speak when we play the I'm right and you're wrong game. Jackal language loves to judge and criticise. Most of us are pretty fluent in Jackal.

"Is that the best you can do?"

"I see you have made a mess of that!"

"Why don't you listen better?"

It's easy to speak Jackal when life is getting tricky or we are spending a lot more time with our families. But the truly magical part of this simple idea is that when you start speaking Giraffe language the people around you start using it too!

Start slowly



First of all, notice when you are speaking Giraffe and when you have slipped into Jackal.

Try a few giraffe phrases.

Try saying nothing when a Jackal phrase springs to your lips (this can be tricky).

Remember Jackal language can be a tut, a rolling of the eyes, a sigh. Anything that judges.

Finally, enjoying making life wonderful for yourself and everyone in your home!



[Click here to see St Joseph's PS in Antrim learning how to speak Giraffe](#)

Keep Learning!

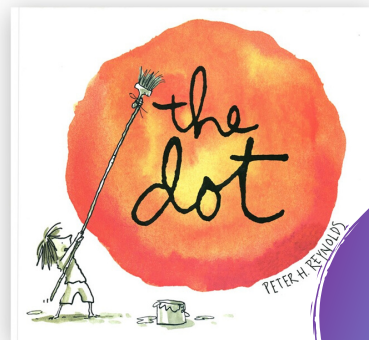
Be Brave... make a mark and see where it takes you!

What do you think of when you hear the word brave? Swimming with sharks? Climbing to the top of a ladder? Not being scared of anything?

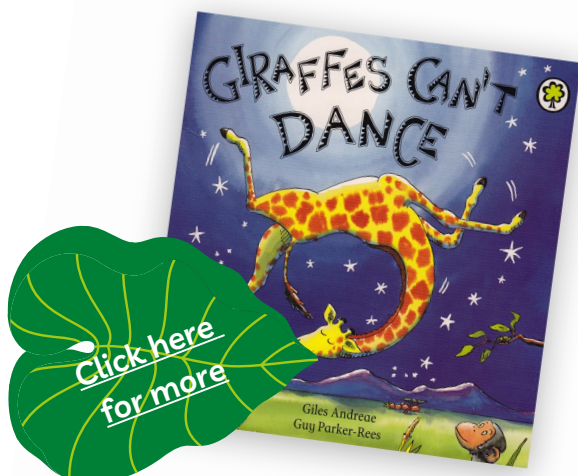
Being brave is so much more than this- people are brave every single day and often we don't even notice. It's brave everytime you feel scared or nervous but still have a go. The people who are going out to clean our hospitals are being brave. The people who are going to work in supermarkets right now are being brave.

Did you realise that if you are going to learn something new you have to be brave? You might be scared that it won't turn out right or you won't be as good as other people. But being brave means you'll have a go anyway! No matter how it turns out you can be proud that you bravely tried something new.

These are two of our favourite stories about people bravely trying something new when they thought they couldn't!



[Click here for more](#)



[Click here for more](#)



Take
Notice!

Art Ideas for Brave Artists



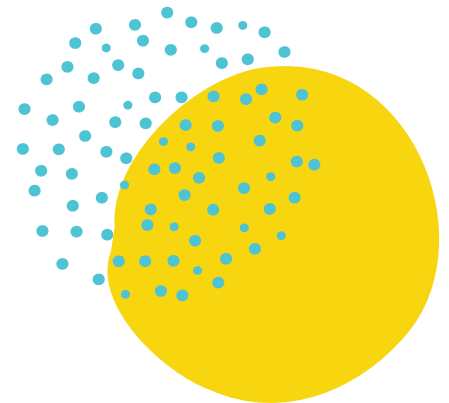
No. 1 Jackson Pollock

Jackson Pollock was an artist who made a mark and saw where it took him! Get a big sheet of paper and start dripping paint over it. It will be messy, but great fun! Take your time and notice how the paint mixes together and shapes start to appear.

No. 2 Dot Art

Take inspiration from Vashti in *The Dot* and create your own art exhibition. Create lots of dots and decorate your windows with the pictures. Your amazing pictures will cheer up your neighbours!

[Click here for some ideas from the author Peter H Reynolds.](#)



No. 3 Take your pencil for a walk

All you need is a pencil, a blank page and no plan! Take your pencil for a walk all over the page. Notice the shapes made where the lines cross. Finish off by colouring in the shapes.

Dancing at home

Listening to music can help you relax and can lift your mood! Here are some favourite songs from the PBS&P staff to help you feel positive...



Ms McCrossan is singing along to Fight Song by Rachel Platten

Mrs McConnell is dancing to Happy by Pharrell Williams

Mrs Murrock is chilling out to Here Comes the Sun by The Beatles

Mrs McShane is listening to Never Ever Give Up by Matthew West

Mrs McCloskey is enjoying You'll Never Walk Alone by Gerry & The Pacemakers

Mrs McCrea is listening to A Million Dreams by Pink

Mrs Roddy is bopping along to Don't Worry, Be Happy by Bobby McFerrin

Mrs O'Donnell is listening to Never Seen The Rain by Tones and I

Let us know your favourite songs for a stay at home disco and don't forget to let us know if you try any of the activities from this newsletter!

primarybsp.enquiries@eani.org.uk

The 9 Magic Minutes



There are 9 magic minutes every day that have a big impact on a child...

The first 3 minutes after they wake up

The first 3 minutes after they come home from school

The last 3 minutes before they go to bed

No matter what happens each day try to keep these 9 minutes positive

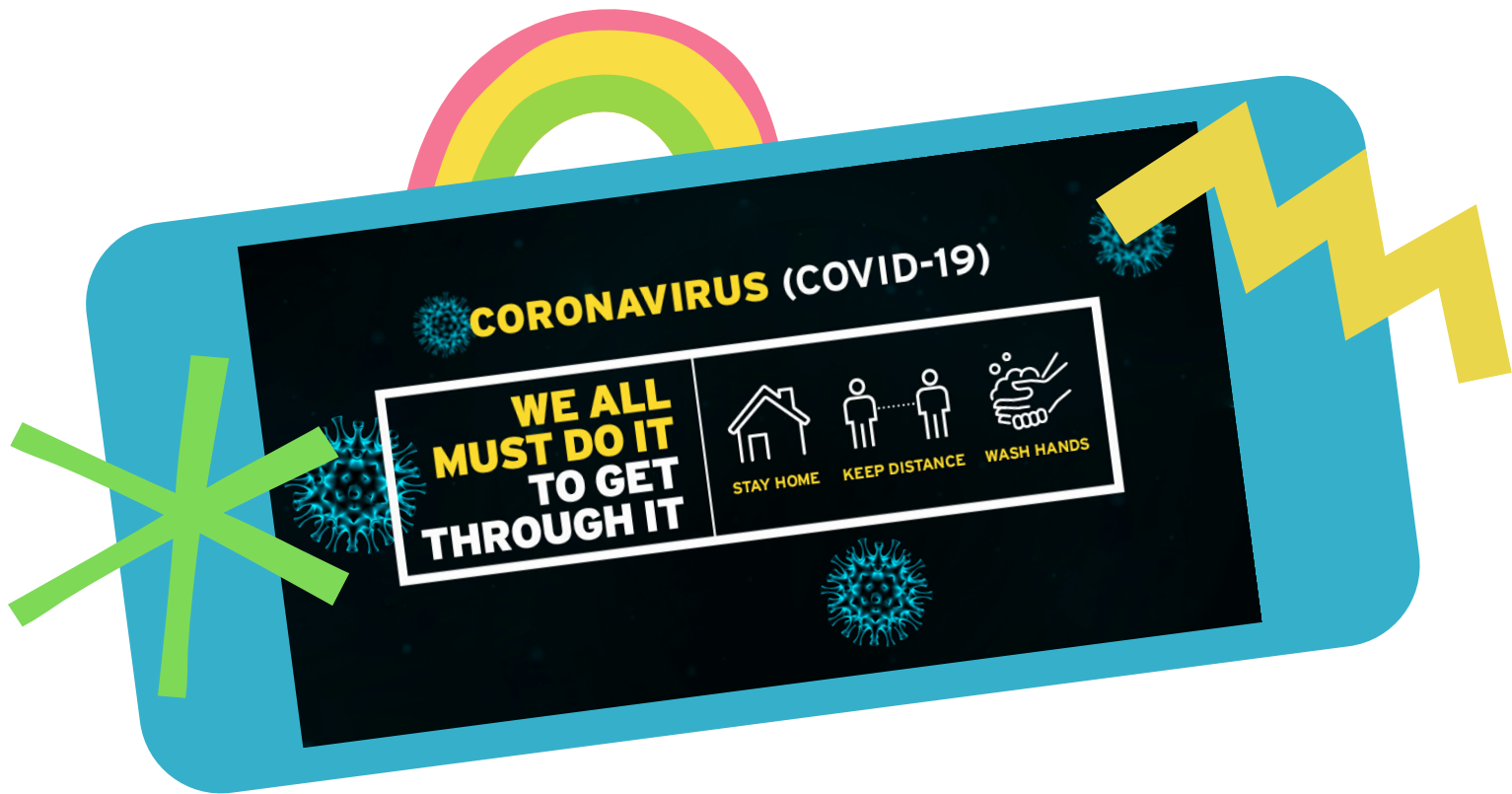
- show an interest in your child
- let them talk about whatever they want to
- enjoy their company



What if instead of behind these kids are ahead?

Click here for more

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](#)

