

This magazine is packed  
full of good ideas to  
inspire, support and  
challenge you to be the  
best you can be!

Issue 17: Friday 29 January 2021

# High Five

Primary  
Behaviour  
Support &  
Provisions 



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## Inspire...

First we try to find ways to make you want to be the best you can be



## Challenge...

You want to be the best you can be and you know we are there to help so now we ask you to take risks and try new and tricky things



## Support...

When you want to be the best you can be we try to help you as you learn and grow

# Welcome to High Five!

Welcome back to High Five. Sometimes we can feel a little sad in January because after the excitement of Christmas everything can just seem a bit dull. This year has been even more challenging as we are in our second lockdown. It means that it's a really good time to think about being happy. The pupils and staff in Islandmagee Primary have shared some top tips to help us with this and you will find lots of good ideas throughout this issue to inspire, support and challenge you to be the best you can be.

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.**



## Happy News

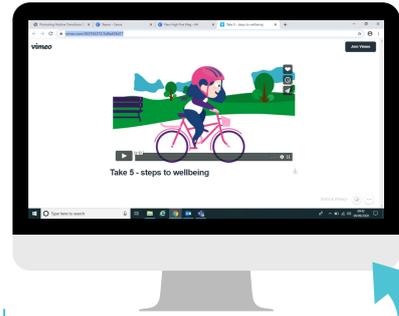
One way to help our mood is to hear lots of good news. The Happy News by Emily Coxhead has been designed to help with that. Click on the link to find out more and download free resource packs.

*"We want to shed some light on this world we're living in and remind people just how much good stuff happens."*  
*The Happy News*

Click here to visit the Happy News and download free resource packs

# Take5

steps to wellbeing



*Watch a short video about Take5 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.



## 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.



## 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.



## 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.

# The science bit!

Did you know that science can help us understand what is happening when we are in a good mood? Our bodies produce something called hormones and four of these make us feel great! The good news is that there are things we can do to help our bodies produce these- so we can help ourselves feel happy!

Every time you see one of these symbols throughout this issue you will know that the activity will help your body produce one of these happy hormones!



## Endorphins

Our bodies produce endorphins when we exercise and when we laugh! Endorphins help us to feel less anxious or worried.

## Serotonin

Our bodies produce serotonin when we remember how we have been helpful or things we have achieved. It is also produced when we spend time outside in the sun. Serotonin helps us to feel important and valued.



## Oxytocin

Our bodies produce oxytocin when we have a hug or do something fun with another person! Oxytocin helps us feel content, calm and safe.

## Dopamine

Our bodies produce dopamine when we finish a task or learn something new- especially if it was tricky. Dopamine helps us feel ready to do a job and helps us feel good when it is finished.



# Be happy!

The staff and pupils in Islandmagee Primary spent last week thinking about all of the things that make them happy. One thing that makes them happy is the area surrounding the school!

*"Our school is a very happy and welcoming family school surrounded by stunning countryside and situated on a little peninsula with Belfast Lough on one side and Larne Lough on the other. We love being outdoors and enjoying our happy place."*



Happiness is...

... splashing in puddles

HA HA

Mrs Wolfe loves splashing in puddles on rainy days

Mrs Thompson is happy playing in the snow with her children

✓

🧤

Throughout this issue the staff and pupils in Islandmagee Primary will tell us what makes them happy. See if any of them are the same for you! Maybe you'll get some new ideas!

Foundation Stage and KS1 are happy when they are hunting bears!

☀️

✓

🧤

HA HA



Looking at the stars on a Winter Night makes me happy



Fossil hunting makes me happy



Scott is happy when he is playing his guitar (sometimes dressed as Clint Eastwood)



Feeding the birds makes me happy



Making craft makes Annie happy



Building lego makes Daniel happy



Playing football makes Joel happy



Travis' little brother makes him happy



Playing computer games with my brother Jay makes me happy



Owen is happy when he is drawing Power Rangers



Being a big brother is one of the things that makes Eoin happy!



Chloe used to love taking her dog Skye for walks



Playing with my dogs and chickens makes me happy



Patrick is happiest when playing with Lego



Oliver says hugs always make him happy!



Eli likes playing on his bike, on a sunny day, with Jayden on his Flicker.

## Energising Brain Breaks

It's hard to remember to take a break from working when you are at home because there are no bells! But we need to remember to take regular breaks because they will help our brains work better. Make a schedule with everyone who is working in your home, both children and adults. Set a timer on a phone and everyone has to stop for a break- here are some ideas!



Put together a playlist of your favourite songs - when the timer sounds everyone gets up and has a dance break!



Don't forget the daily mile! It can be hard at this time of year so look at the weather forecast and decide on the best time for your walk today.



Big exercise is great for reducing tension and rebooting your brain. Try joining in with Joe Wicks or an online PE lesson. There are lots to choose from!



Click here for more movement break ideas





# Lockdown with our pets!

Looking after our pets helps boost all four of our happy hormones.

Brandon from Hollybank Primary has been helping Mrs Morrison look after her Dachshund Polly. Polly visits Brandon at school each week and she even wears her own school uniform! Brandon's Mum crocheted it for her. Brandon knows that Polly trusts him to be gentle and kind with her. He walks her around the school grounds and they even play races on the grass when it is dry. Brandon is very good at teaching Polly to be calm, she can be a little excited at times.



## Brandon's Top Tips - looking after your pets!

1. **Feed your pet the right kind of food.** Don't forget dogs can't eat things like chocolate or grapes!
2. **Exercise your pet.** Your pet will need lots of exercise! Even when it is raining or snowing outside.
3. **Training your pet.** It's important to train your pet so that they come when you call them or to stop them making unwanted mess inside your house!
4. **Cuddles!** Some pets love to be cuddled and others do not. Give your pet the right amount of snuggles!
5. **Washing your pet!** Some pets will need washed or bathed regularly. It's important if your pet has a long coat that you brush it to make sure it doesn't get matted fur. If you have a cat they may not like the bath! Probably best to let them clean themselves!



# Pet Parade

There is nothing like seeing pics of you all looking after your pets to lift our mood! Enjoy!



Gavin is learning to look after his new parrot



Archie loves his new squeaky toy - check out that big smile!



Mrs McCloskey's little Stella enjoys visiting Fir Trees EOTAS to see all the great work the pupils are doing!



Caitlin's dog Sheldon makes her happy when they play together



Dot the goat needs lots of love and care from her owner, AJ.



Olivia loves playing with her dog because it always cheers her up



Emma loves playing with Bubbles and giving him cuddles. She always makes sure he is brushed and clean!



Asher's puppy makes him happy!



Daniel's cat enjoys being petted and Daniel loves petting his cat. Win-Win!



Sam enjoys petting his cat and drew a picture to show us



Isabella is happiest when she and her mummy take her dog Pebbles for walks



Maisie is happy when playing with her sausage dog!



Mrs Moir is looking after her pet Guinness - in one of these pics he looks proud as he's just been for a swim and in the other he looks embarrassed because he's just eaten his bed! Can you tell which is which?



Connecting with the people who love and care for us is an excellent way to boost those happy hormones and improve wellbeing. Here are some simple (and fun!) games you can play with someone you care about. Have a try at some of the activities and see which ones you like best.



## Row, Row, Row Your Boat

Sing the familiar song, adding in each other's names at the end ("Erin's such a dream"). If you are too big to sit in a grown-up's lap, you can sit facing them. Hold each other's forearms rather than hands, as this feels more secure and connected. If another adult is there, they can sit behind you and in front as if you are in a boat as you row back and forth. Try going faster then slow again to practice increasing and decreasing energy. You also can rock from side to side. The second, more exciting verse concludes, "If you see a crocodile, don't forget to scream." Then both scream loudly.

## Face Painting

Using a wet or dry brush paint flowers and hearts on each other's cheeks or ask the adult to make you up like a princess or a prince. Moustaches and beards are interesting for boys and their fathers, but you can decide any design you like.

You can also decide to use a soft, dry brush and pretend to paint each other's face, describing the person's wonderful cheeks, their lovely eyebrows, and so forth as you gently brush each part.



## Hand Clapping Games

This is where you chant a rhyme and clap your hands together. You might already know some chants like, "Miss Mary Mack" or "A Sailor Went to Sea." If you don't know any, you can check out some great ones on YouTube. Start with easy ones and you can learn more difficult ones as you get better at it. Always make sure that you first rehearse the clapping pattern slowly so that you can easily get into a good, steady pattern once you add the rhyme.

*Click here for some hand clapping rhymes and patterns to try*



## Straight Face Challenge

Try to keep a straight face while someone tries to make you laugh either by gently touching you (avoid sensitive spots or prolonged tickling) or by making funny faces. Take turns!



## Special Kisses

**Butterfly Kiss:** Put your cheek against the other person's cheek and flutter your eyelashes so that they feel the brush of your eyelashes like butterfly wings on their face.

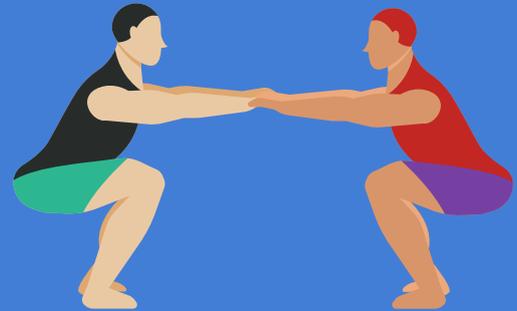
**Elephant Kiss:** Hold both fists in front of your mouth (like a pretend trumpet), keep one fist by your mouth as you make a kissing noise. Move the other fist slowly and gently toward the person's cheek, completing the kissing noise with a flourish as you gently touch their cheek.

**Eskimo Kiss:** Rub your noses gently together.

*Remember: Real kisses are special signs of affection to be shared only by parents and children.*

## Partner Pull-Up

Sit on the floor holding hands and facing each other with toes together. On a signal, pull up together to a standing position. A variation is to have the partners sitting back to back with arms interlocked. On the signal, they both push up to a standing position. For these activities to work the partners need to be close in size.



*Right now our bodies are probably producing less oxytocin than usual because we are trying to keep a safe distance from people outside our homes or bubbles. This makes it more important that we take every chance we can to play games like these with people who we are allowed to be close with, the people in our homes.*

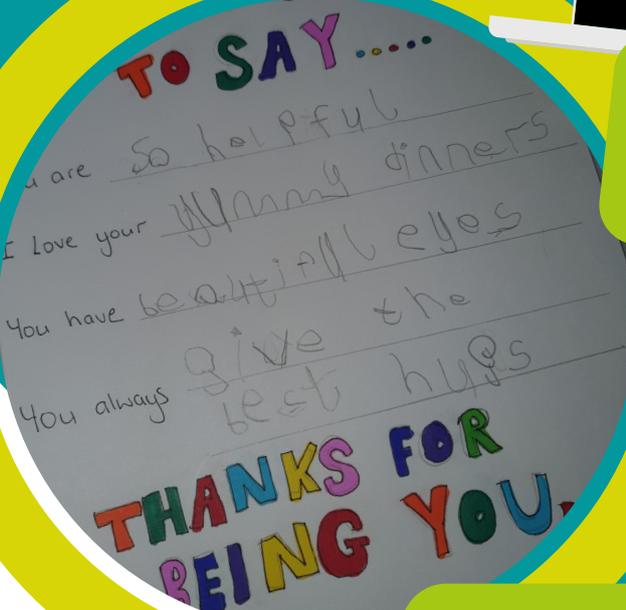




Lucas from Straidhavern Primary made wraps to order for all the pupils and staff in school. Then he made two sets of fifteens! One for home, one for school staff.



Jamie from Ballyhenry Primary was on a Zoom call when his pet bird tried to steal his glasses!



AJ from Omagh Integrated P.S. wrote a lovely letter to his Nanny telling her why she is so special to him. What a super way to make someone happy!

# Take Notice

## Scavenger Hunt Using Your Senses

Scavenger hunts are great fun and easy to do whether indoors or out! There are three ways to play.

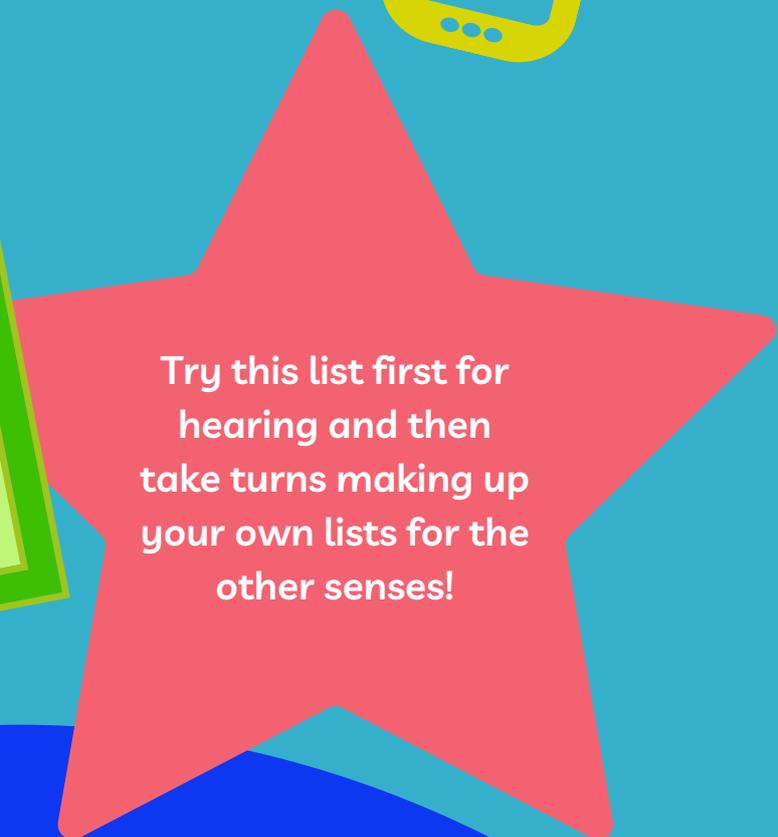
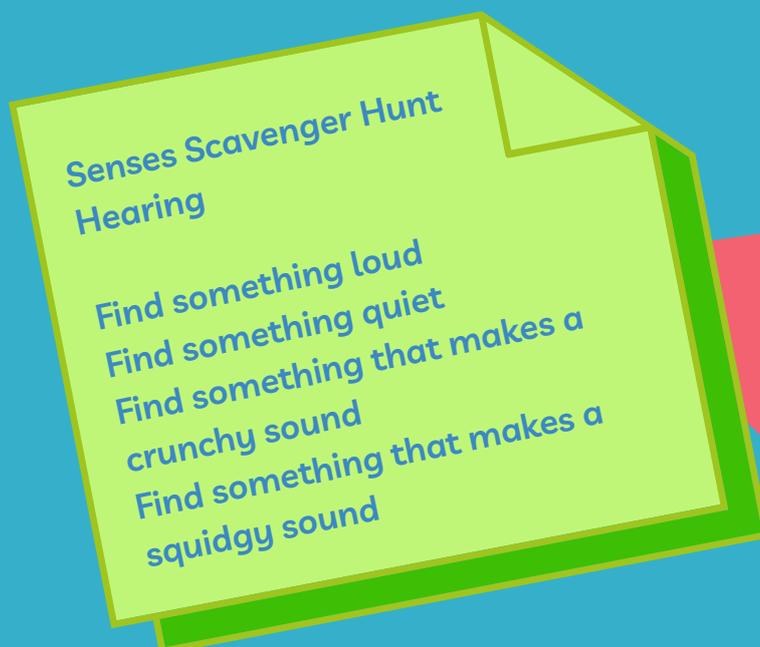
**1.** Race your family - who can find the items quickest?



**2.** Work together with your family- how many things can you find for each list item?



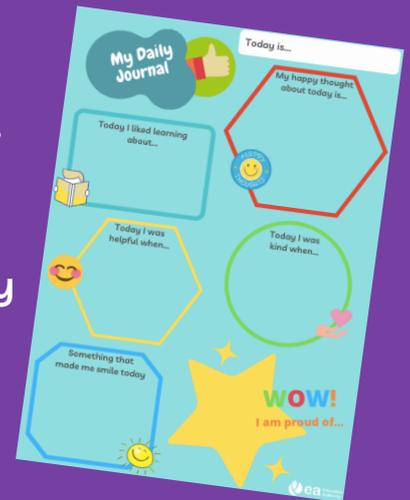
**3.** Video call someone you can't visit right now and race to find the items on the list- who is back to the call first?



# Keep Learning



Over our next few issues we are going to look at our 'Daily Journal'. Thinking of things that we have learnt during our time at home, plus things that make us feel happy and have made you smile.



## My 'WOW' moments

'Wow' moments are things that you are proud of. It could be something small, big or something new that you might have wanted to try for a while. Have any of these been your 'wow' moment? Have you...



Learnt a new song to sing?



Made cupcakes for your sister's birthday?



Learnt how to tie your shoe laces?



Learnt how to ride your bike?



**WOW!**  
I am proud of...

What are some of your 'WOW' moments?

# Be happy

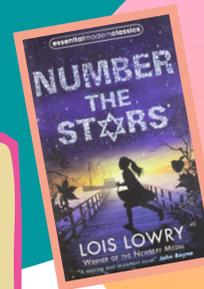
By Islandmagee Primary School

What makes me happy? I love my job as Principal and it makes me happy being part of such an amazing school. My happy register goes through the roof when I hear children's voices content and happily learning together. Laughter....I love to hear laughter.

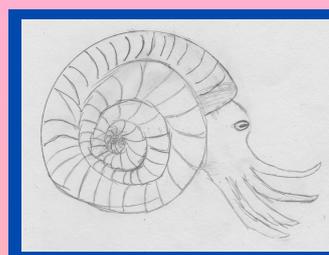
My greatest inspiration that motivates me in my job, apart from the children, would be some of my own teachers who loved their job and so I loved school. Also my first boss in 1989 when I started teaching in Eaglesham Primary, Mrs MacGillivray, gave me some great advice that has stuck with me throughout my career. The first thing she taught me was to know, I mean really know the pupils and not just those in my own class. Welcome every child each day with a hello and personal warm greeting, you might be the first to have really talked with them that day. Everyone in the school family matters and never ask someone to do a job that you wouldn't do yourself. Simple advice but it stuck with me. She had a passion for her school as I have today, it is one of my happy places.

What else makes me happy? I am most happy walking with my dogs and seeing the changing seasons.

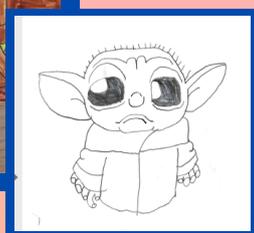
- Mrs Cambridge



Mrs Todd says, "Curling up with a good book, like *Number the Stars* makes me happy."



Pupils at Islandmagee P.S. are an arty bunch and spending time making beautiful pictures makes them happy!





# For the grown ups

The help hub is a section especially for the grown ups, whether at home or in school. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



# An A-Z of a Nurturing Environment

Inspired by the brilliant “Resilience Alphabet” (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

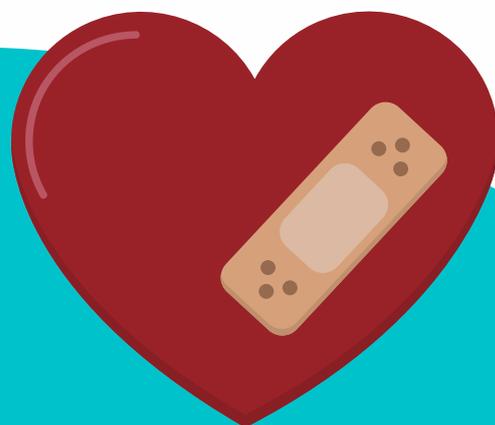
## Q is for Question

Asking ‘what happened to you? Instead of what’s wrong with you’ may lead to more open and honest answers. It should also change your mindset from ‘they’re just attention seeking’ to ‘they want to connect with me’, helping you think about what it is they actually need.



## R is for Repair

Every relationship has ups and downs, and learning that things can be fixed is an important lesson for children. Once things have settled, try apologizing for your part in the upset, acknowledge your child’s feelings and calmly discuss how things could be handled differently in the future. All of these actions will help repair your relationship and will demonstrate how to deal with fall outs with other family members and friends



# Boost your happy hormones!



Now that we know how to help our bodies produce those helpful hormones, here are some activities that you can try as a family to help boost everyone's mood!

## Serotonin



- Spend some time looking back at old photos - everyone pick a favourite and tell the story of when the photo was taken.
- Try your luck at geocaching. Follow the link to the Geocaching website to find out what it is and get involved:  
<https://www.geocaching.com/play>

## Dopamine



- Have a "kids make dinner" night - even if it's just cereal and toast all round! They will enjoy the sense of accomplishment and you will enjoy a night off from cooking!
- Make playdough together. There are lots of easy dough recipes online. What a sense of achievement when you have some nice new dough to play with!

## Endorphins



- Have a morning "grumpy face forfeit". Anyone who comes to breakfast with a grumpy face has to do a dance to a song chosen by the rest of the breakfast table.
- Search YouTube for a dance video like Just Dance and everyone try to do the routine - guaranteed laughter!

## Oxytocin



- Write little notes for each other and leave them hidden around the house for people to find.
- Eat together as a family - no technology allowed (and that goes for adults too!)
- Cuddle up together for a family film night. You can boost dopamine as well by baking together to have some tasty movie treats.



# Taking time for yourself



Everyone is finding this lockdown just that bit harder than the last. It's important that as grown ups we remember that it's ok to take some time to do something that helps us to feel better. Telling your family that this is what you are doing is important as it models positive ways to manage big feelings.



## Creatively Calm

Karla is a mum of 6 and she knows the importance of self care. She noticed staff from PBSP doing some calming art activities with her son and decided to try her hand at something creative. She made this amazing picture and told us that it really helps her to keep calm. This is her method of self care during the current lockdown.

We already knew that Karla was creative- she is the mum who crocheted the school uniform for Polly the dog!  
Thank you Karla!

We'd love to hear your ideas for self care during this lockdown. What is helping you get through each day? Email us at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk) and we'll share your good ideas in the Help Hub.



# Stress Control Class



- Session One: 9am Monday 8th Feb
- Session Two: 9am Thursday 11th Feb
- Session Three: 9am Monday 15th Feb
- Session Four: 9am Thursday 18th Feb
- Session Five: 9am Monday 22nd Feb
- Session Six: 9am Thursday 25th Feb

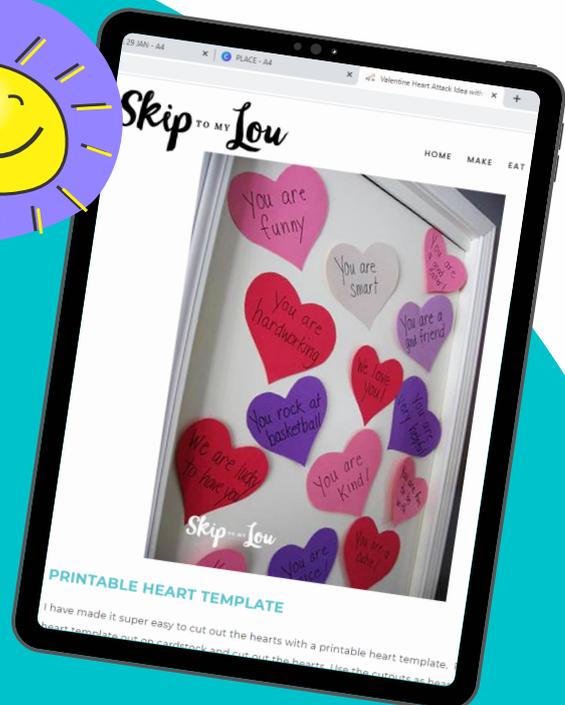
 Click here for more information

As the HSCNI can't deliver Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes until March, free-of-charge. There are six sessions available via this link <https://ni.stresscontrol.org/>. You do not have to log into the session at 9am on the day they go live, if you want to 'attend' the class it will remain online for 48 hours if you want to watch in your own time.

## Serotonin boost



Put a note on a heart and stick it to your child's door telling them a reason why you love them. Start on 1st February and do it every morning until Valentine's day.



 Click here for more information

# When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.



Click here

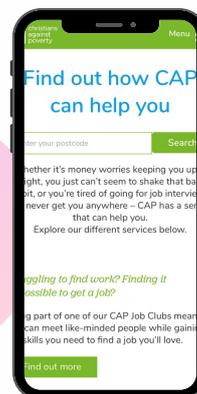
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.



Click here

The Salvation Army, St Vincent de Paul and Christian Aid Project are all locally run charities that can provide assistance to families who are in financial difficulty.



## Lifeline



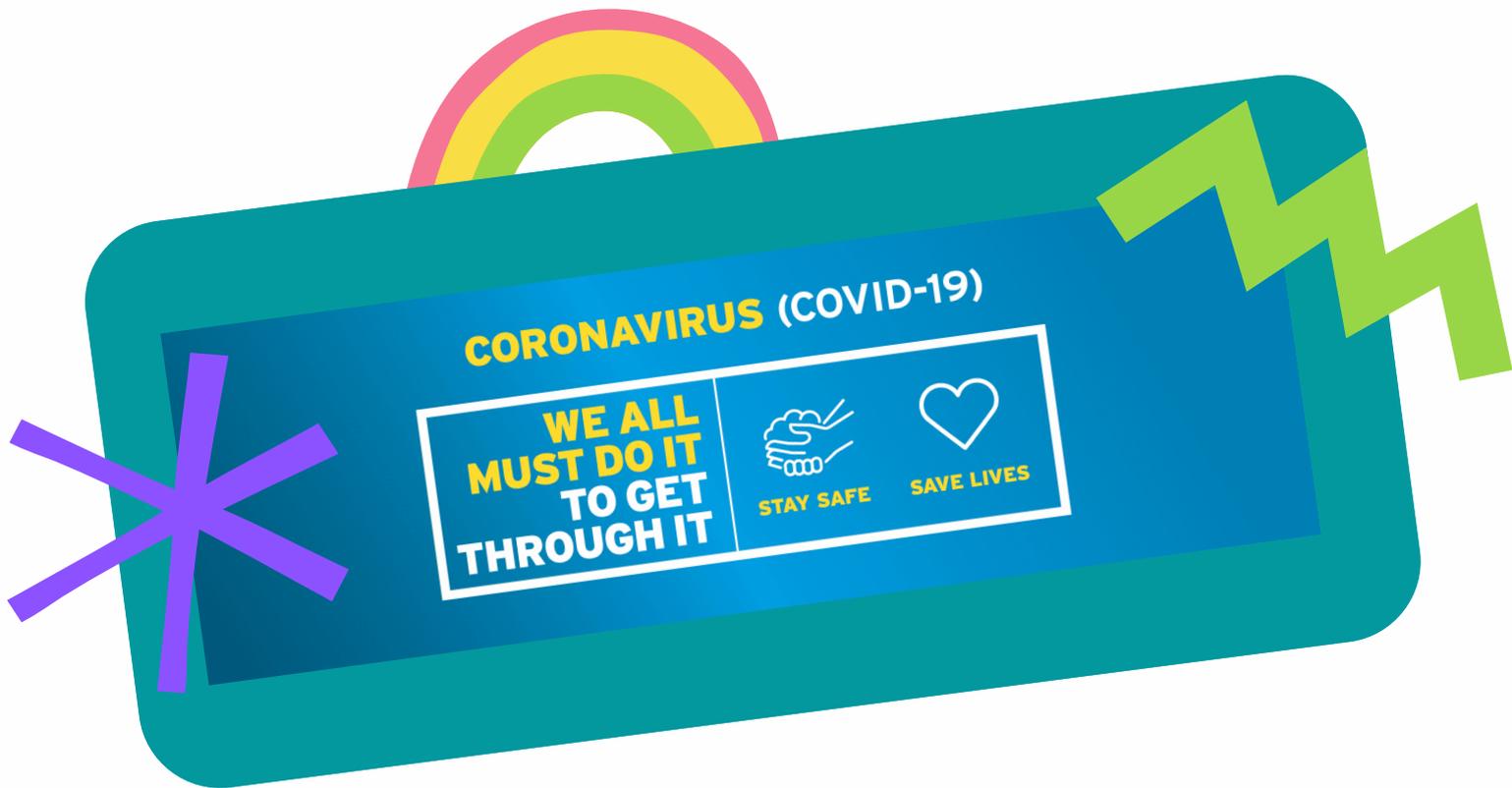
## Childline



## ParentLine NI



Minding your own and your family's mental health is of paramount importance. If you are in difficulty, here are some organisations who provide immediate telephone and online support.



Click here for a link to the Department of Education's Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



For help with a bullying concern you have, click here to visit the Get Help section of the NI AntiBullying Forum website.

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

