

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

Issue 28: Friday 10 SEPT 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. By the time you read this your summer holiday might feel like it was a long time ago! Take some time to reflect on your time off and get ready for a new school year. No matter what comes our way this year High Five will be here to share fun games and activities!

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.

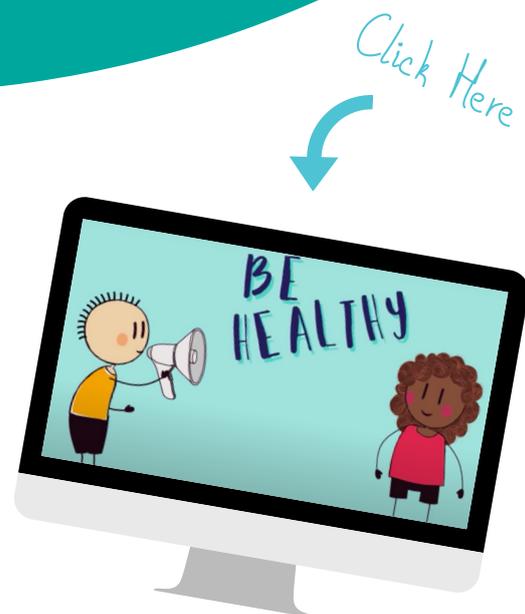
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

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.**

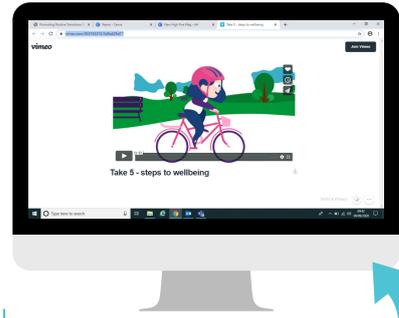
## Healthy Habits

This short video gives us lots of examples of how we can keep a happy and healthy mind and body. It looks at the importance of eating a healthy diet, keeping active and of having a good night's sleep to help us concentrate to keep learning new things.



# 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.



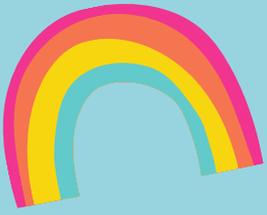
## Give

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.



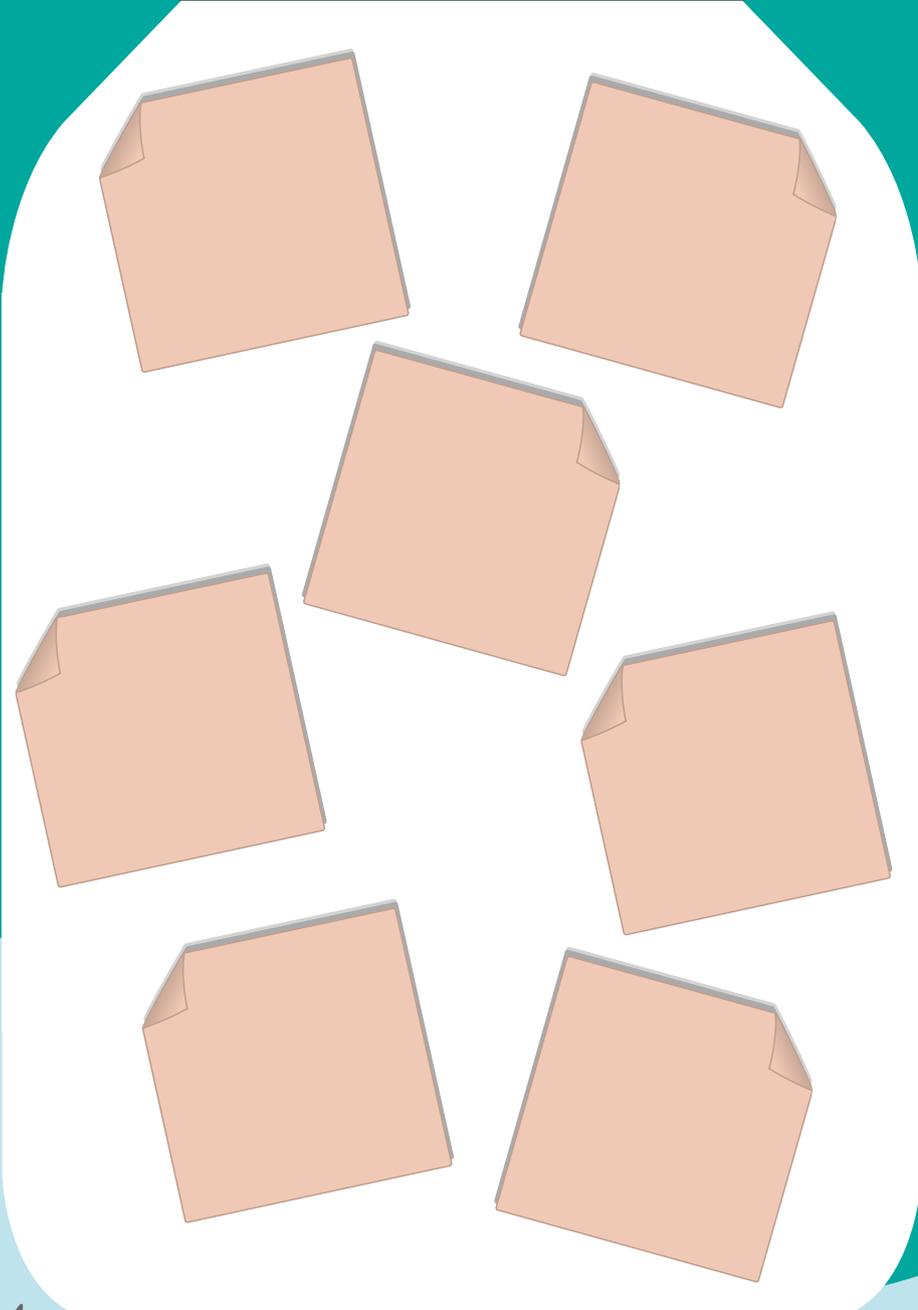
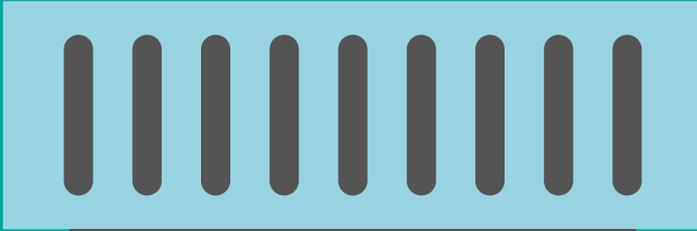
## Keep Learning

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.



# My Summer memories...

Fill the jar with some exciting things that you did over the Summer break with your friends and family. What was your favourite thing to do or favourite place to visit?



Keep adding to the jar when you think of something new

# My Summer Journal



My happy thought about the Summer is...



I learnt how to...



On a rainy day I liked to...



I went to visit...



Something that made me smile was...



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



# Back to School

**Everyone will have different feelings about coming back to school.**

Circle the face which best shows how you feel about being back.



**I am looking forward to learning about...**



**In the playground I would like to...**



**If I need help I can ask...**



# 'Circle of Control'

Now that we are all back at school we can think about the things that you are in control of...



# Staying connected with the people at home



Over the Summer months we have all spent more time at home. Now we are all back at school we might miss the people at home. If we are missing anyone from home we could...



**Think of something nice that you did with someone during your time at home**



**You and a family member draw a love heart on your wrist. You can press it if you miss them.**



**Draw a picture of people or a place that is important to you**



**Share with the people at home something you have done well today**



**Look at a photograph of someone who is special to you**



**Make a positive memory box of all the good things that happened during your time at home**

## Set yourself a goal

Now that we are at the beginning of the new school year you could set yourself some goals. You can:

Think of a goal



Who can help you achieve it



What can you do to stick to your goal



Think of some ideas of new things you would like to learn.

Which one do you think you will try first? Once you have set yourself a small challenge find someone else in your class who is working on the same challenge and work together.



What goals could you set yourself at home?



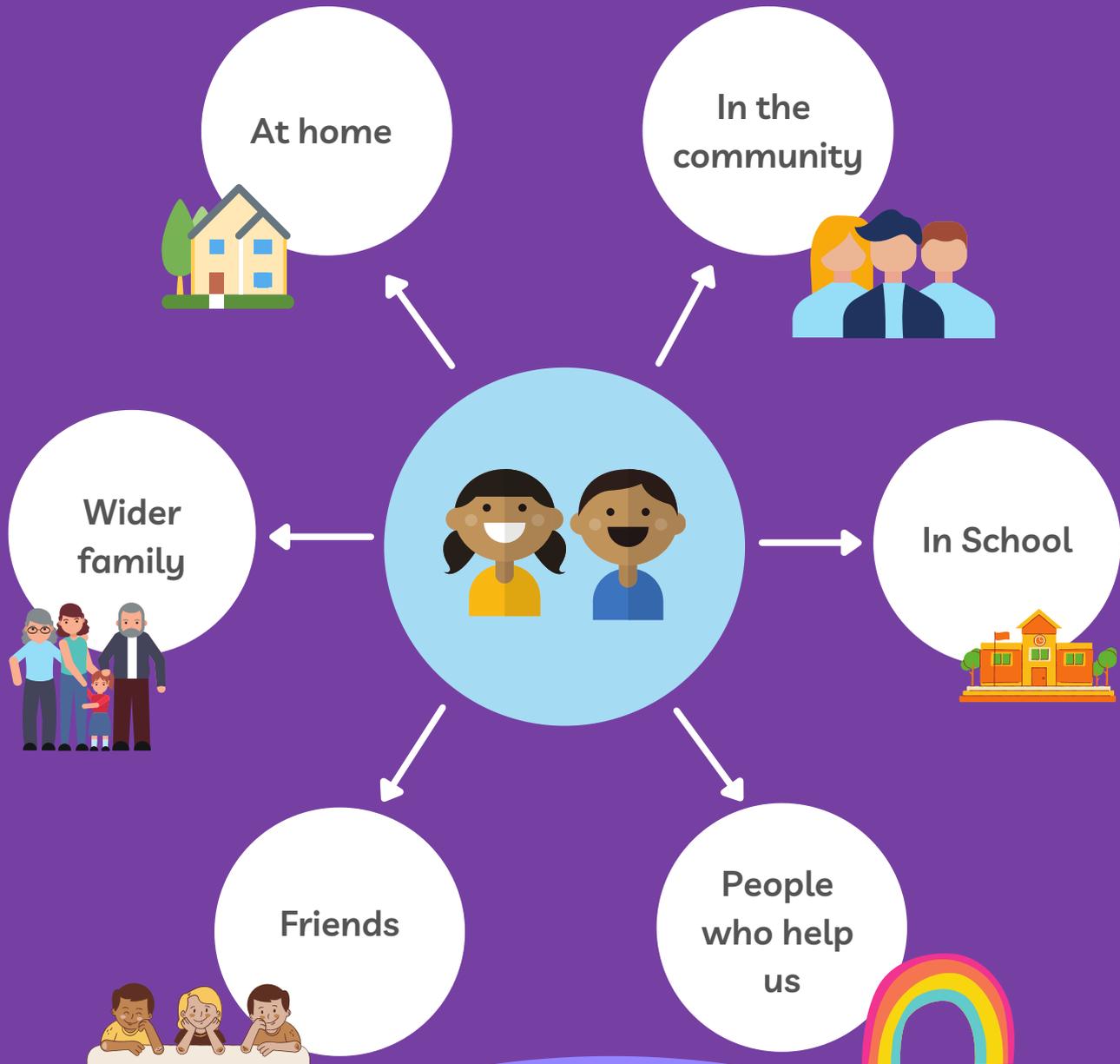
- To make your bed
- Help to lay the table
- Join a new club

**Remember...**  
all you can do is try your best. It's okay to make mistakes as that is how everyone learns.

# Keep Learning

## 'Circle of Support'

Remember that we all have a lot of people who can help and support us. Who would be in your 'Circle of Support'?





## '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. Is there something that you are proud of during the Summer? Write down your 'wow' moments in the stars below.



Share your Summer 'WOW' moments with your class!

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

# Take Notice



## Gratitude walk

Take a gratitude walk around school or playground. Try to observe using all of your different senses, for example; what can we hear, see, smell, and feel. Try to think of the things we might take for granted or not typically notice or appreciate.

## What can you...

**Hear**



**See**



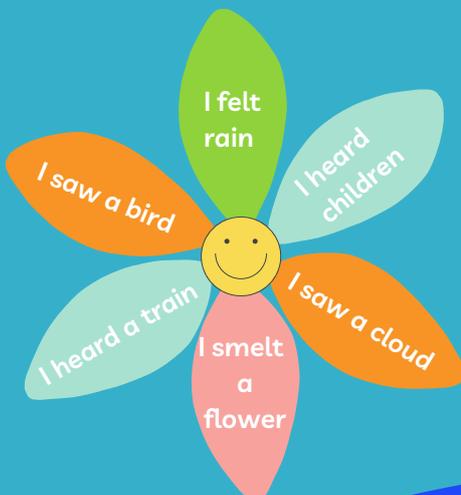
**Smell**



**Feel**



Don't forget to take notice of how you are feeling too. You could write it in a feelings journal.



In the classroom write some of the things you noticed on cardboard 'petals' which can be linked together to make a flower display.

## What is kindness?

Can you think of a time when someone was kind to you. What happened? What did they do? How did you feel?



What have been some of your acts of kindness? Now we are all back in school it is important to remember to be kind to our friends. We need to listen, have kind hands, use kind words and share! Draw an outline of your hand on a piece of paper. On each finger write or draw an idea of how to be kind to other people.



### Random Acts of Kindness



Try your best to commit to at least one small random act of kindness a day. Don't forget you can spread a little kindness at home too.

## Health and Wellbeing Ideas

It is important to remember to have some time for yourself and do things that help you relax. Here are a few ways to look after your health and wellbeing.



Play with your pet



Read a book or favourite comic



Think of a happy place



Listen to music



Laugh and have fun with friends and family



Go for a walk



Play a game



Do something you enjoy



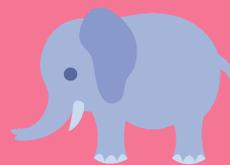
Remember!  
Talk about your feelings with friends and family

**Staying active keeps your body working and helps to make us feel good about ourselves. It is a great way to spend time with friends and family too. Here is a fun game you could play with your friends at school.**

## Animal Tag

### How to play:

Divide the group of children into two equal teams with each team standing on a sideline. The leader goes to one group and they quietly decide on a particular animal they would like to imitate. This group then moves, like that animal, all the way over towards the other group. The group watching now tries to guess which animal they are imitating. If they guess correctly, they chase the first group back to its line, attempting to tag as many as possible. If tagged, a player must join that team. The groups then reverse roles and alternate this pattern throughout the game. Some of the animals you could pretend to be are...



Moving around helps us look after our minds as well as our bodies. There are lots of easy ways to stay active like walking to school, doing star jumps during playtime, daily mile or dancing to music at home. Is there something you can 'pledge' to do regularly either own your own or with someone else every day?



# Happy Thoughts

At the end of your school day let's think about something that made you feel happy...

**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**





# 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)

# Tips for a Positive Return to School



If your child is feeling worried about their return to school, here are some tips to work through together. Everyone is different and these are only suggestions. What might work for one child, may not work for another. If one method doesn't work, try a different one the next day.

**Push their palms together** - Get them to push their palms together, hold tight, release and then repeat or squeeze their fists together as tight as possible and then relax.

**Stress Ball** - Squeeze a stress ball/fidget toy/play dough. This can help relieve anxiety and has a calming effect.

**Colouring & Reading** - Colouring or reading on their stomach is a good way to feel relaxed and mindful.

**Visualisation** - Visualization is a technique that can help people relieve stress and relax. Visualization involves using mental imagery to achieve a more relaxed state of mind.

**Exercise** - Run, jump, dance, or anything that requires movement. Exercise is a good way to relieve stress and anxiety.

**7/11 Breathing** - Get them to breath in through their nose for 7 seconds and out through their mouth for 11 seconds. This technique is a great way to feel relaxed very quickly.

**Hugs** - Hug tightly (hug themselves or be hugged). When they are hugged their body releases hormones that helps them feel more relaxed.

**5 - 4 - 3 - 2 - 1 Challenge** - Name 5 things they can see, 4 things they can hear, 3 things they can touch, 2 things they can smell and 1 thing you can taste. This helps them connect with their senses and can be relaxing.



Click here from more ideas to help children relax from 'Cosmic Kids'

# 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

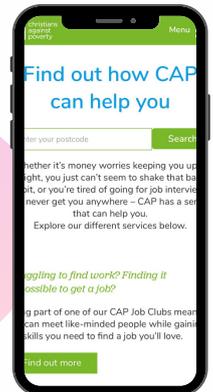
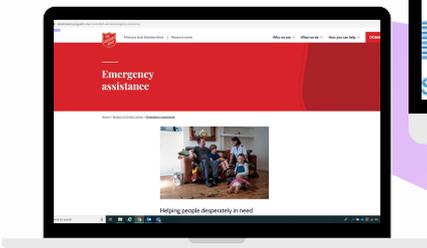
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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 Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



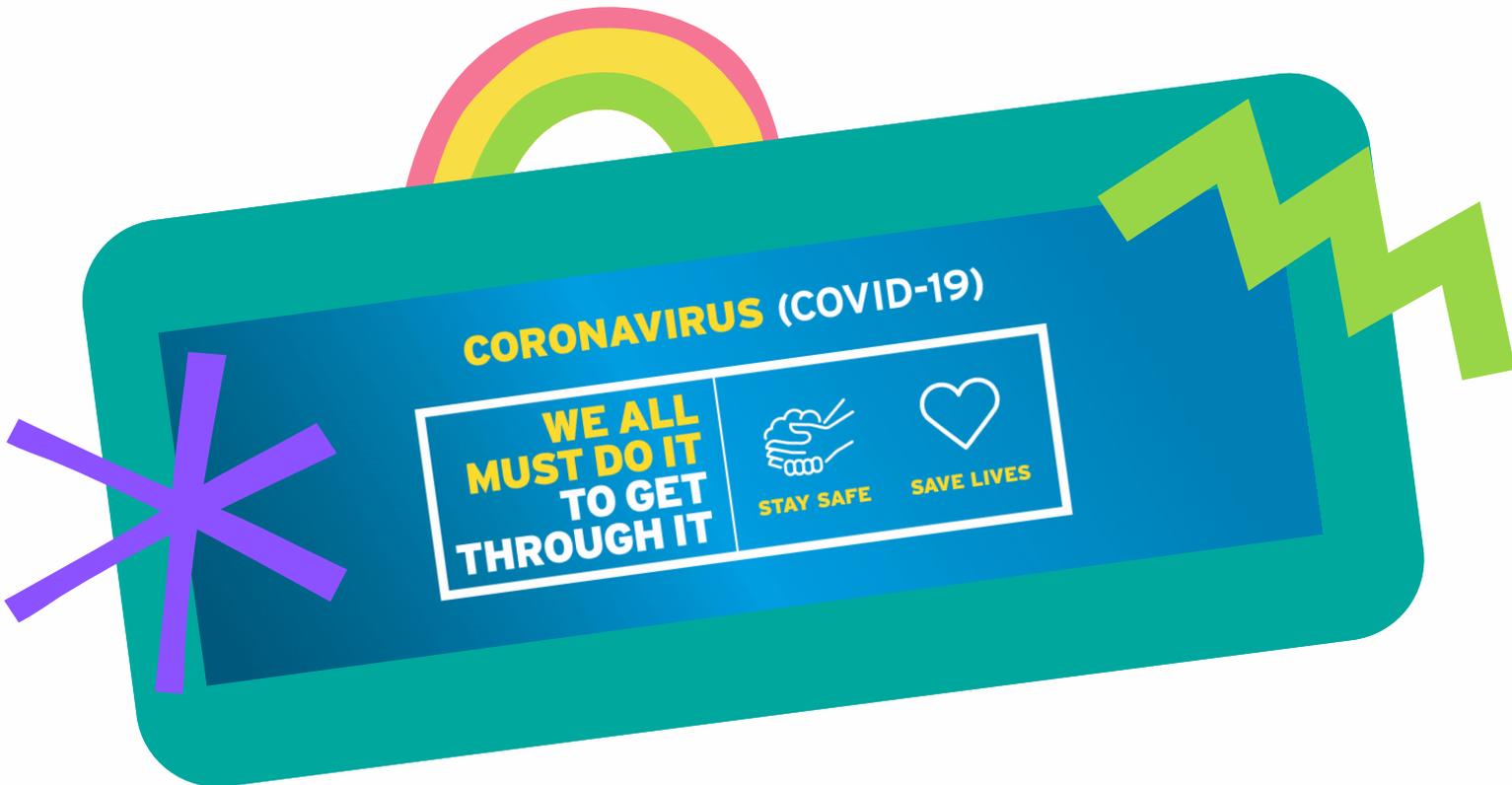
Childline



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.](#)

