

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

Issue 40: Friday 25 March 2022

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. Our theme in this issue is to Be Patient. In Spring, we often look forward to the longer evenings and more pleasant weather that Summer brings. Let's try to be patient as we wait for the Summer to arrive, so that we can appreciate the wonders of the moment we are currently in. Take Notice and Connect with the present!

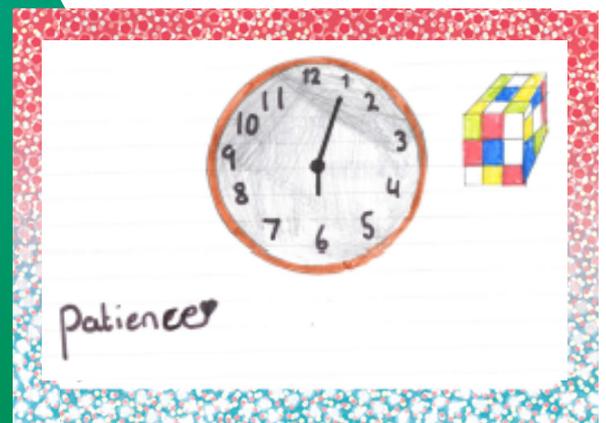
Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

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

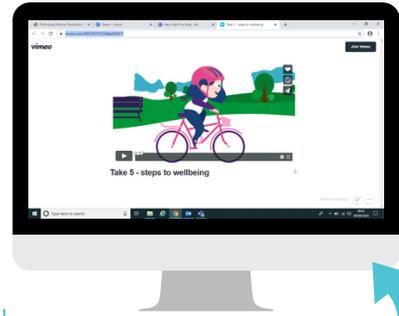
Put High Five in the subject line and **make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.**

This week, Mount St Michael's Primary School in Randalstown have been sharing their Take 5 ideas with us about Being Patient.



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.

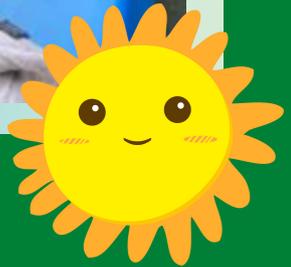


Keep Learning

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.

Be Patient

Mount St Michael's pupils have been practising being patient. Even their Nursery pupils were able to show us examples of super patience!



If a child lives with tolerance,
he learns to be patient



Connect

Being Patient in the Playground

Primary 1 children were **CONNECTING** with one another during outside play. They chatted about and discussed the different ways in which they could use the equipment. They showed great patience in waiting on their chosen piece of equipment!



Take Notice

Good things come to those who wait!!

Primary 5 have been thinking about things we have had to wait on – both within school and outside of school. We have learned that when we have patience we are also **noticing our emotions** and accepting that things will happen for us if it is meant to be. So, good things will come to those who wait!

Patiently waiting...

During Covid, we had to show patience when waiting for things to get back to normal. Here are some of the things pupils from Mount St. Michael's were looking forward to...

'Patience is waiting on something without getting angry'.
(Macy, age 9)



'I was patiently waiting to have an 8th birthday party and I really wanted to because I was going to go go-karting for the first time'



'I was patiently waiting to play sports'



'I was patiently waiting for gymnastics'



'I was patiently waiting to go on my holiday to England to see my family'



'I was patiently waiting for my ninth birthday'



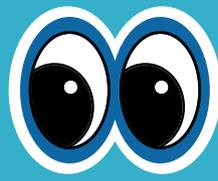
'I was patiently waiting to see my Granny and to go on days out'



'I was waiting patiently to go on holidays'



Take Notice



Working Together

Children from Primary 4 and Primary 6 have been connecting with nature and NOTICING their surroundings in the beautiful grounds of Shane's Castle. This shared learning space allowed the children to observe the wildlife and their surroundings, while also connecting, not only with each other, but with nature. They showed great patience in co-operating and working with others to build their dens!



Take Notice

Our Outdoor Classroom

"Our class visited Shane's Castle for an outdoor Classroom Day. I loved the Gruffalo Trail that we went on. We were asked to solve all sorts of rhymes and riddles and even move like snakes, bears and sly foxes ready to pounce on their prey. We learned all about a heron and I think I spotted one lurking by the river. However, my favourite part of all was the last challenge set deep in the forest. Our task was to design and build a den for the Gruffalo. Straight away, I got planning with my group. We all had so many ideas but we had to compromise and only choose the best ideas to get us started. It took us a long time to gather all our materials. We knew we needed long thin branches for the main body of the den but also, shorter, thicker ones too for in between to make it sturdy and sheltered. Thank goodness, we had a long time to spend in the forest because it took us a while to see much of our progress. Thankfully though, our team worked really well together and no-one gave up. We were so happy with our finished product. It certainly was fit for the Gruffalo...and even his whole family!!"

#take5 #beactive #connect #takenotice #give #keeplearning



Click here to listen to
the story about
'The Gruffalo'



Take Notice



Interviews with People who Help Us.

Tell us a little about your job

I am a Primary Behaviour Support Assistant and work within the Sunflowers team. I work with a number of children across various Primary schools.

What is your favourite part of your job?

I enjoy teaching children about their emotions and how to handle big emotions.



This week, PBSP's Darlaine McVeigh shares her thoughts about being a Behaviour Support Assistant and how she Takes 5.

How do you like to Take 5 at the weekends?



I have joined the local gym and enjoy going to various classes. I also enjoy going out for walks and swimming.



My daughter has joined a cookery club through the YMCA and every Friday we get sent new recipes to try.



I like to go out for dinner with my family members and friends at the weekend.



I like mindfulness colouring and noticing the changes in seasons. I take notice of other people are feeling around me and what I can do to cheer them up.

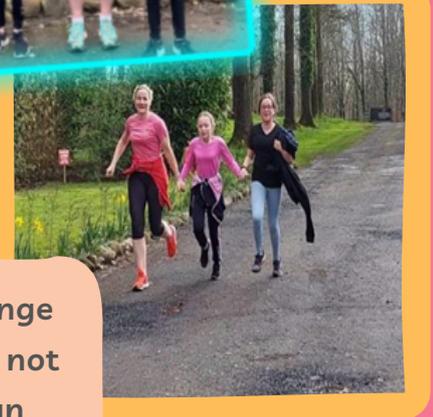


I cook dinner for my Grandparents and deliver it to them. I also took part in research for the University of Ulster by providing Covid tests so they can continue to research Coronavirus.

Be Active

Class to 5K!

Some of our Primary 7 children (along with some very fit teachers!) have been taking part in a 'Couch to 5K' afterschool's club, every Monday, in the beautiful grounds of Shane's Castle!



'I didn't know I could run 5K without stopping, so I feel I have achieved something!'

Emme



'This was a huge challenge for me at the start – it's not so tricky now. I can run most of it now. I really feel I have achieved something!'

Eva

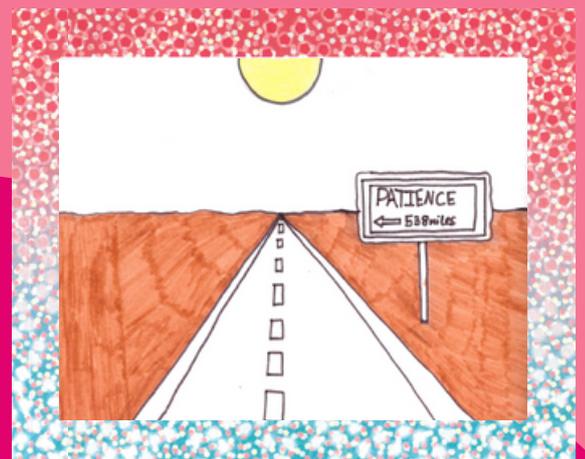


As well as being **active**, they are **connecting** with each other, **noticing** the wildlife and nature within the grounds of the castle, **giving** up their free time to get fit and showing great **patience** and perseverance towards achieving their 5K target.

Good luck!



They are working towards a big run on 26th March!



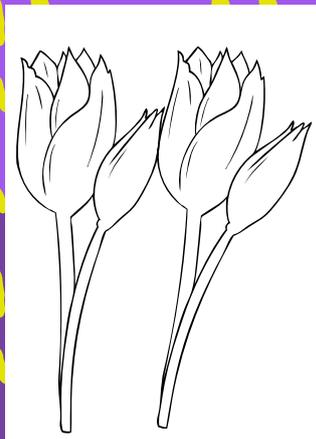
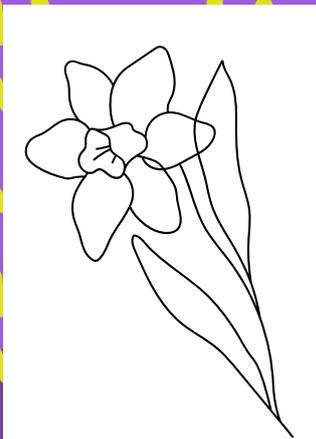
Patience and Pointilism

In Literacy the children were learning about personification. They read and analysed the poem 'Daffodils' by William Wordsworth and then the children wrote their own poem about daffodils using personification. They created daffodils using the pointillism technique developed by Georges Seurat and Paul Signac in 1886. They were able to link the art lesson to their lesson on patience, as pointillism teaches the power of patience. The technique teaches the children that although one dot doesn't seem like progress, it is if you have patience and are consistent. This was the children's first time using this technique and they recognised the need for having patience as they completed their work.



Over to You...

Why not have a go at doing some pointilism in your class? You can use a printed outline or a colouring page to guide you and remember to make the colours using only dots. Here are some spring flower outlines to get you started:

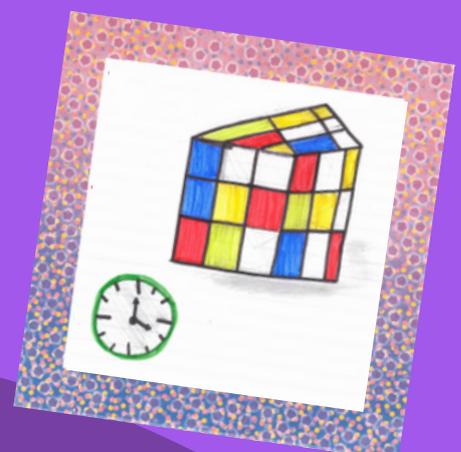
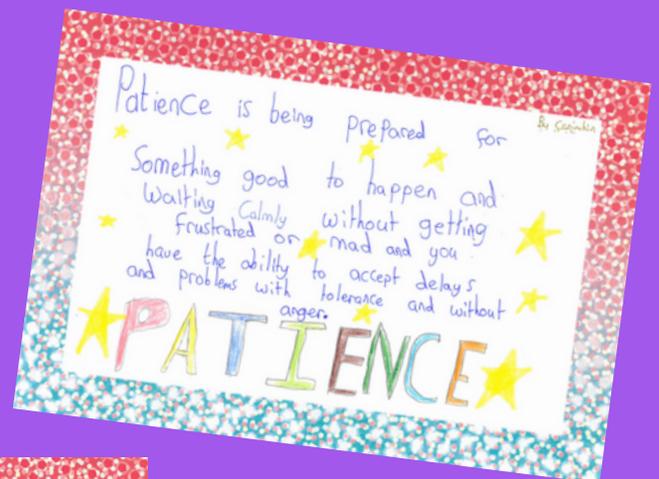


What Patience Means to Me

Primary 7 children listened to the song 'Patience' by Take That, before they discussed in groups what Patience means to them. Each child wrote down their own definition of what patience means to them.



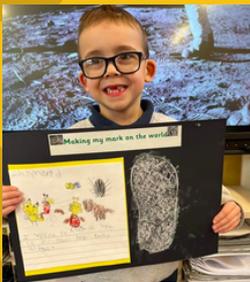
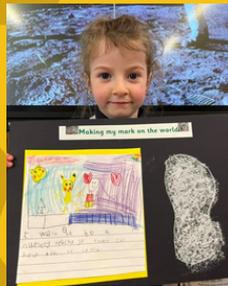
They chatted about some of the ways we have patience with ourselves, with others, with circumstances and with nature and the world. Children shared examples of things that make them become impatient, how they calm themselves down when feeling impatient and what to do to practice having more patience.



Keep Learning

Our Future Stars

Primary 2 children have been learning about Neil Armstrong and his journey to becoming a great astronaut. They learned that this took hard work, time and a lot of patience! They then discussed how they could leave their mark on the world! The future looks bright with these stars!



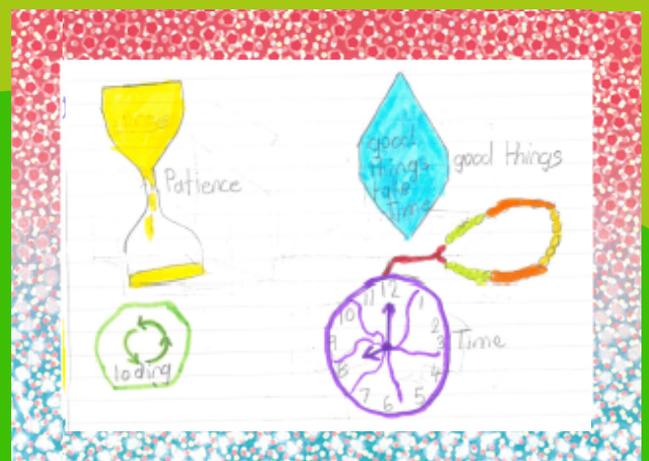
Give

Happy Minds, Grateful Hearts

Primary 3 had a lovely Mindfulness session with Amanda from 'Happy Minds Grateful Hearts'. They talked about emotions, learning to give time to each emotion and be patient. It is ok to have all these emotions – we just need to learn how best to deal with them.



The children participated in some Yoga and then made 'Worry Buddies'. They enjoyed the slower pace of the session, emphasising the need to give time to activities that will help our emotional wellbeing.





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



Be Patient

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.

Inspire...



Patience Scripts

Model how you have to be patient sometimes and use the same words each time. This is called using scripts. By using the same language over and over, we help our children to learn to use that language too. Try using some of these patience scripts:

This might take a while.
I'll have to be patient
whilst I wait!

It's okay. We
can wait.

Oh, I'll need to be
patient for this one!

Support...



Make it Fun!

Waiting is something we all have to do from time to time. When you are waiting together, teach them how to make the wait feel shorter by playing games like:

- I-Spy
- I went to the shop and I bought...
- On a walk to the shops - don't step on the cracks / *only* step on the cracks!

Challenge...



Games to practice patience

Patience is something we can improve with practice. There are lots of little games you can play together that help to practice being patient:

- The Marshmallow challenge - we can each have one marshmallow now, but if we wait for 5 minutes, we can each have 3!
- Who can be silent the longest?
- Musical statues
- Do a big jigsaw together (500 or 1000 pieces) - doing a little bit of it each day and seeing it getting slowly closer to being complete.



Be Patient

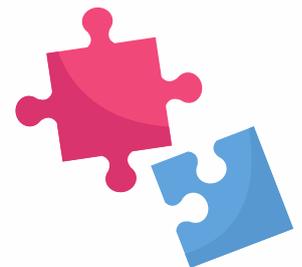
Play

“Gardens and children need the same things - patience, love and someone who will never give up on them.” Nicolette Sowder



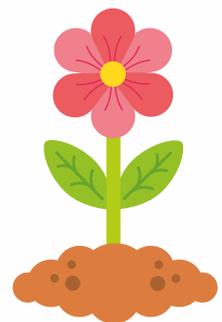
Enjoy a jigsaw puzzle...

Choose a jigsaw puzzle to complete with your child, remember to take time to talk with your child while you explore the various pieces, their shape, size, pattern. Take pride in the achievement when a piece fits and enjoy the experience shared by taking time out to complete the activity.



Plant some seeds and watch them grow...

Plant a seed and wait for it to grow, nurturing a flower takes time and patience. Perhaps you may like to keep a log on the changes that take place. How long must we wait for the seed to sprout? After how many days does the first leaf appear?



Inspire...



Support...



Challenge...



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 child sets limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Motor Boat

Holding hands, everyone walks around in a circle, chanting "Motor boat, motor boat, go so slow, Motor boat, motor boat, go so fast, Motor boat, motor boat, step on the gas!" Gradually increase the speed until it is very fast. Suddenly "put on the brakes!" and start over with the slow tempo. This can also be done with the child and therapist alone.

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.



Check-Ups

Check body parts, such as nose, chin, ears, cheeks, fingers, toes, knees to see if they are warm or cold, hard or soft, wiggly or quiet, and so on. Count freckles, toes, fingers, and knuckles. Check strong muscles and high jumps.

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.



Decorate Child

Make rings, necklaces, bracelets with Playdough, crazy foam, crepe paper streamers, or tinfoil.

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.



Keep Balloon in the air

When there are more people this activity can become quite exciting. You can organize it by taking turns around the circle or by counting how many times the group can keep the balloon in the air before it hits the ground.

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

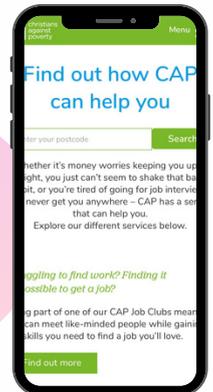
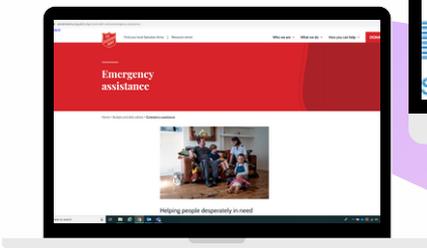
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



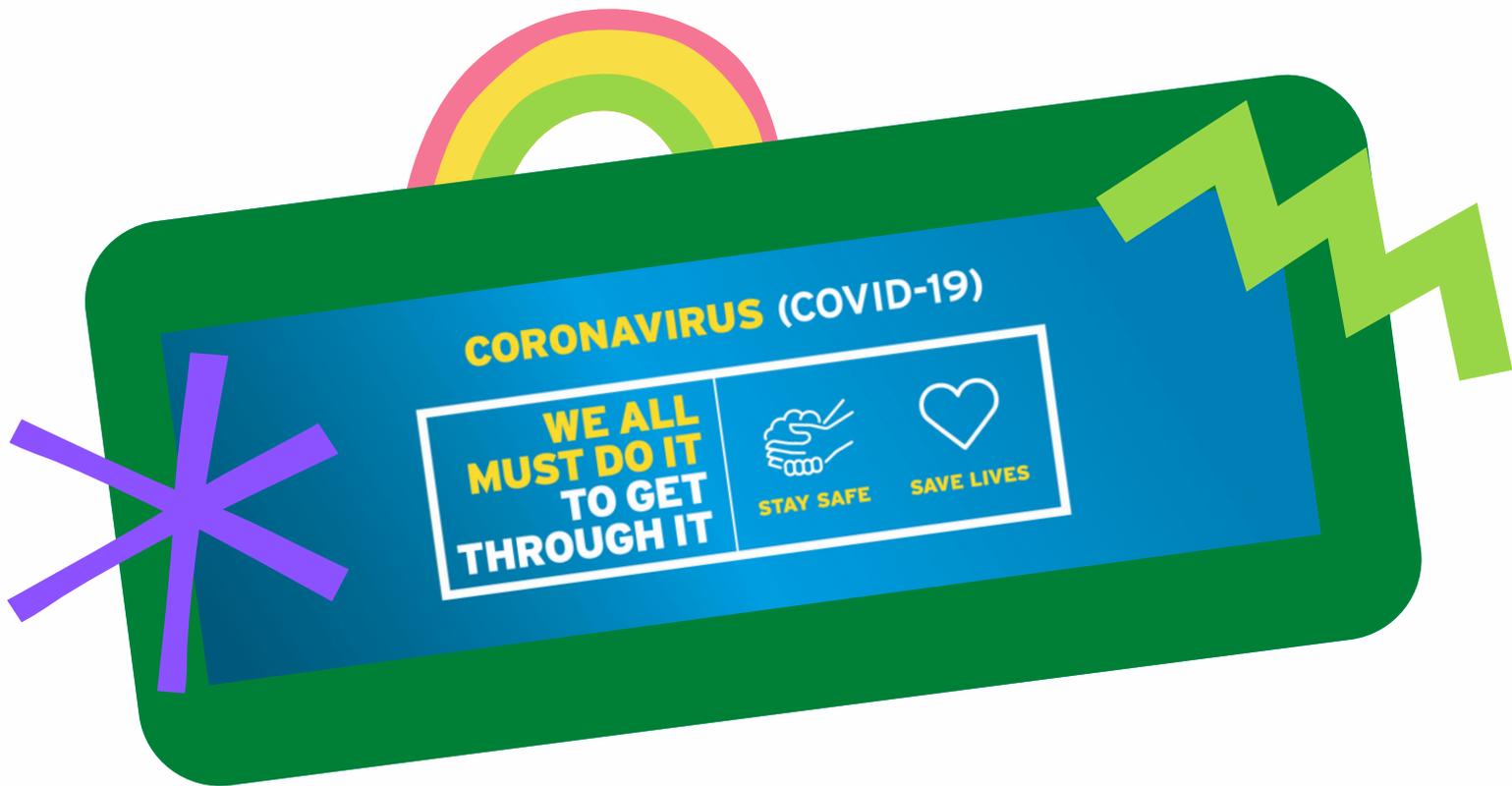
Childline



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 Coronavirus Guidance for Schools



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.](#)

