

Issue 58: Friday 24th March 2023

High Five

Primary
Behaviour
Support & Provisions 

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



Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be Mindful
- 05 Be Active - Mindful Nature Walk
- 06 Connect - Mindful Doodling
- 07 Take Notice - What Makes Me Special?
- 08 Keep Learning - The Power of Pause
- 09 Give - Mindful Breathing
- 10 PBS&P Inbox - Scoil an Droichid
- 11 PBS&P Inbox - Little Oaks EOTAS
- 13 Parent Hub - Be Mindful
- 14 Parent Hub - Theraplay Informed Activities
- 15 Parent Hub - Family Mindfulness
- 17 Staff Hub - Upcoming PBS&P Training
- 18 Staff Hub - Early Years Transition
- 19 Staff Hub - Primary 7 Transition



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 Mindful.

Our lives are so busy in a world that is always moving and changing. Sometimes we need to help our brains to slow down and reduce the information overload. A good way to do this is to practice Mindfulness. In this issue, you will find lots of ideas to help you and your children to be the best you can be at Being Mindful.

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.**

Join in with High Five Friday!

Over the last year, a number of schools have helped us to develop High Five Fridays. If your schools would like to find out more, register for one of our online information sessions.

17 April 2023: 2.15pm

20 April 2023: 3.15pm



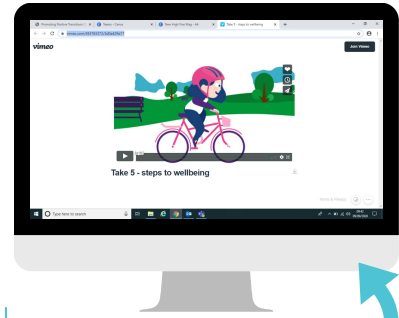
Take5

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.



Watch a short video about Take5 here



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.

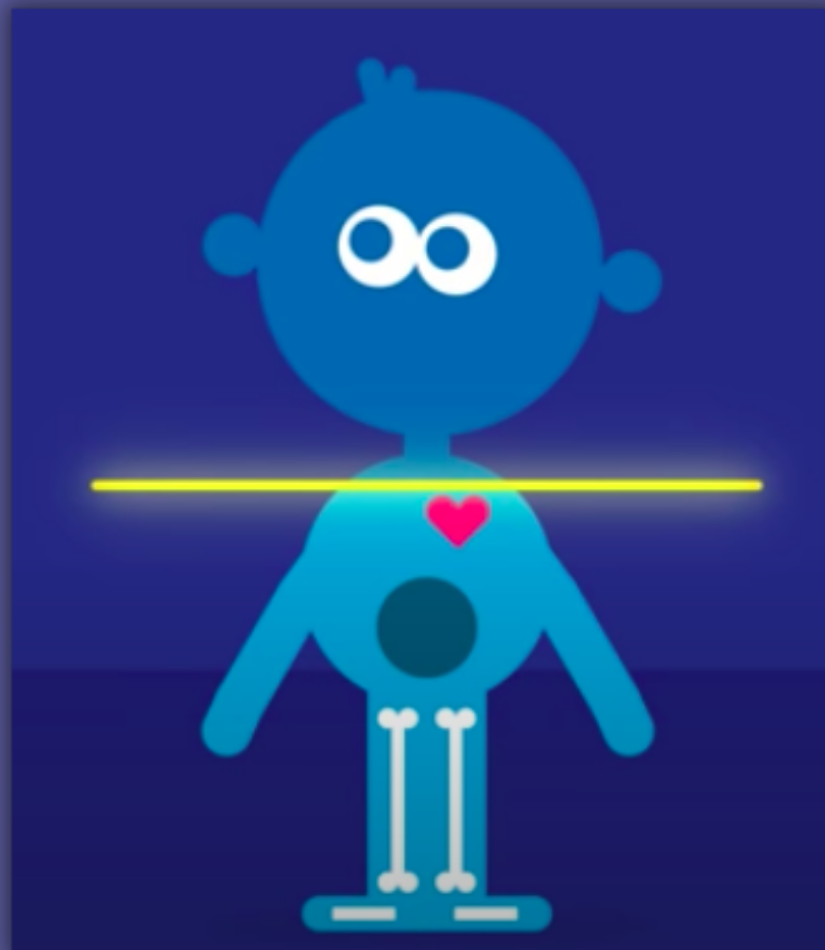
Be Mindful

Body Scanner



The body scan breathing exercise, helps us to feel calmer and makes us pay attention to each part of our body and how we are feeling.

We first need to get comfortable by either lying down or even sitting on your chair in class. Close your eyes and relax. Focus on your breathing and on your chest as it rises and falls.



Ask your teacher to
click here for the
'Body Scanner' clip



The Mindfulness
Teacher

Be Active

Mindful Nature Walk

As a class you could go on a mindful nature walk paying attention to the weather, to the trees, to animal sounds, to traffic sounds and to smells in the air. While you are outside see if you can see any signs of Spring like daffodils, bumble bees, butterflies and trees in leaf.

- Sit somewhere in nature where you can soak up everything around you
- Close your eyes and feel the sun on your face and listen to sounds.

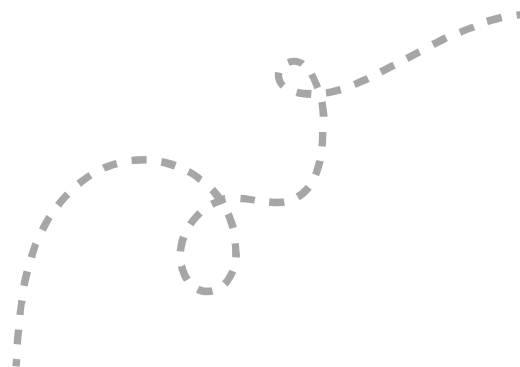
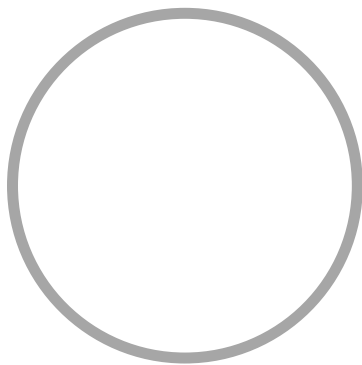


What signs of Spring did you notice?



Mindful Doodling

It is important to remember to take time to slow down and relax. Mindful doodling not only gives us time to be creative but also to have some fun and share your designs with friends. What can you turn these doodles into?



Take Notice

What Makes Me Special?

Write down, draw, or stick pictures onto the star of all the things that make you special. Then, cut the star out and put it somewhere you will see every day, to remind yourself of all the good things about you!



The Power of Pause

Mindfulness is like pressing a pause button, focusing time on yourself, to check in and see how you are feeling. It is trying to calm your body and mind by paying attention around you to the sounds, smells and sights. It is important to remember to take some time out in the day to have '5 Minutes for Me'.

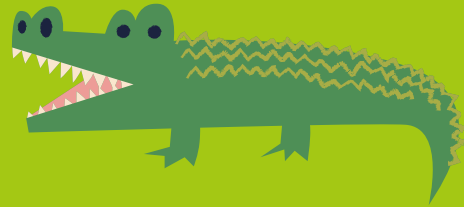
What are some of the ways you can press pause?



Mindful Breathing It's as easy as A-B-C

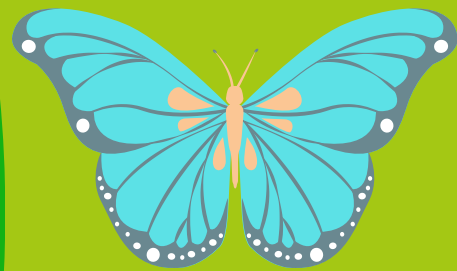
A ALLIGATOR BREATH

Open your arms wide like alligator jaws on the in-breath. Snap them shut on the out-breath.



B BUTTERFLY BREATH

Spread your arms like beautiful butterfly wings on the in-breath and let them flap gently on the out-breath.



C CANDLE BREATH

Breathe in as you imagine a birthday cake. Breathe out as you imagine blowing out the candles.



Click here for more
Alphabet Breathing
techniques...





Inbox



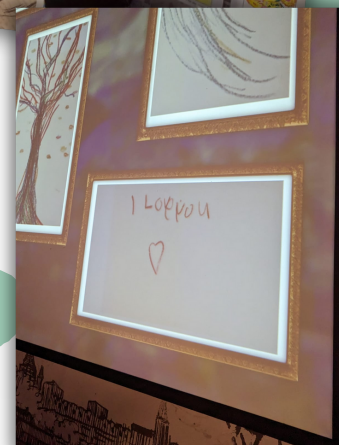
Take 5 Schools

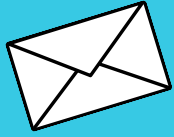
At Scoil an Droichid we love finding different ways to 'Be Mindful'

Our Teachín pupils recently visited the Van Gogh Exhibition in Belfast. We had a chance to relax our minds and bodies in the projection room, before exploring art as a way of being mindful in the drawing room.

We even had the chance to fully immerse ourselves in Van Gogh's world through the VR experience!

Check out some of our fabulous artwork!





Inbox

Little Oaks



Take 5 Schools

KS2 Little Oaks EOTAS participated in an Intergenerational Project and they enjoyed a tea party together.



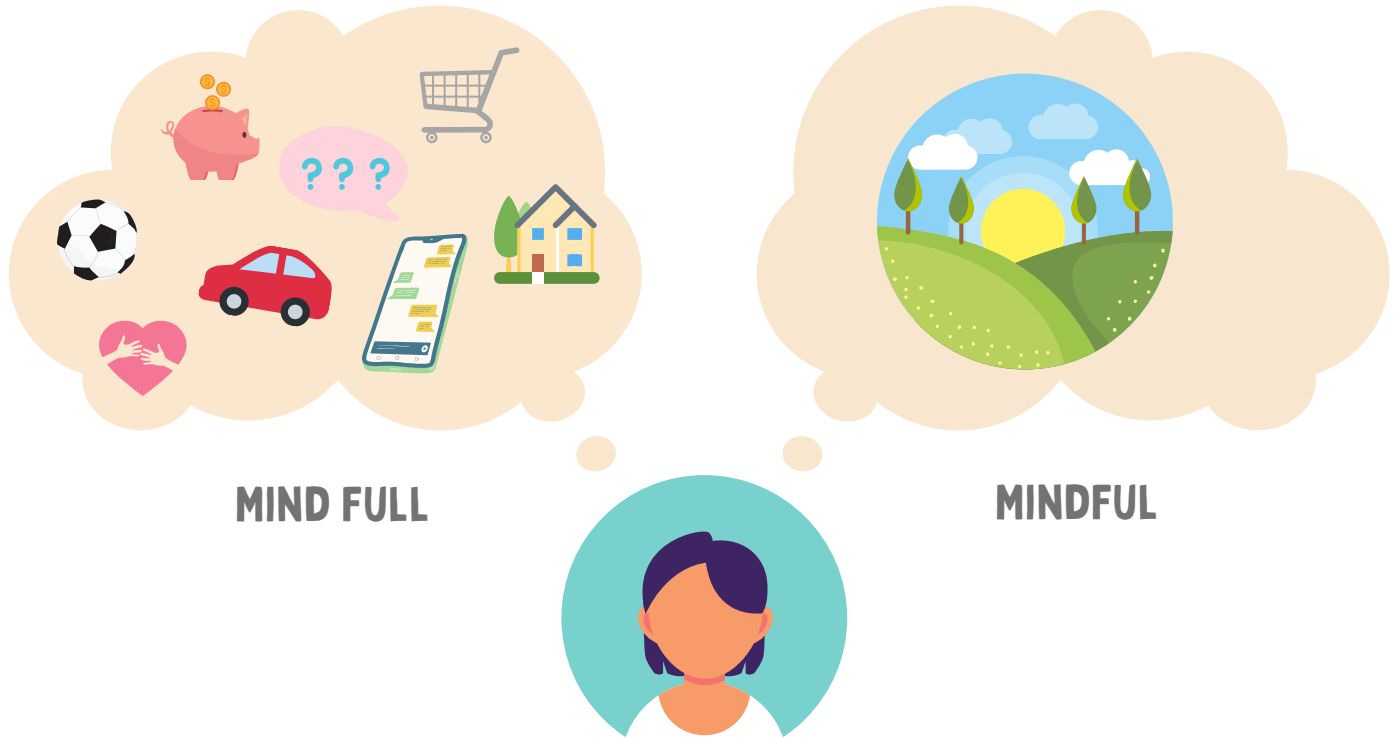
WOW!

An anonymous donation of toys arrived from the local community for Little Oaks pupils!



The Parent Hub is a section especially for the grown ups at home. 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 Mindful

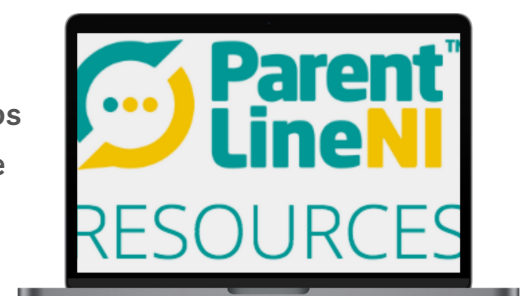


Having a busy mind can make us feel, at times, stressed and overwhelmed. Losing some of the mental clutter helps us to focus on the important things in our lives. It is important to have '5 Minutes for Me' to try and clear your mind and relax, so you can wind down properly.

Find something that works for you like yoga, mindful breathing, walking the dog or simply by sitting down and having a cup of tea. Picking up the phone and talking to a trusted friend or family member can also help to prevent the build up of clutter in your mind.



ParentLine NI have created some simple tips to support the practice of mindfulness



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



Thumb Rocket

Both adult and child make their right hand in a fist with their thumb up (rocket) and put their left hand (launch pad) under the other persons rocket. Count down from 5 – 0. When you reach zero lift your rockets. The other person must try to catch your rocket with their launch pad. Add more people to make it more challenging.

.

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.



Wiggle Toes

Feel for wiggle toes through the child's shoes as a part of greeting and Check-up. Remove the shoes to discover the toe.

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.



Powder Trail

Place a small pile of powder on newspaper on the floor. Have the child put his feet into the powder so that they are liberally covered with powder. Have the child walk on the dark mat leaving footprints as he goes. This can be used as a lead-in to have the parents come into session to find the child who is hidden at the end of the trail of footprints.

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.



Thumb, Arm, or Leg Wrestling

Adult guides activity, giving starting signals and insuring safety.

Family Mindfulness

When we think about our own family wellbeing it is important to consider first how we ourselves deal with the anxiety and stresses of our busy day to day lives. Barnardo's provides some useful support and tips for improving your family's calmness and mindfulness. As a family create a plan of activities that works for you.

Here are some of the things you could include in your plan:

Make a Zen Den - a safe area where children and adults can retreat to in order to calm down, recharge their batteries or take a brain break

Exercise - Go for a walk, get some fresh air, dance or do something physical

Do an activity - Draw, colour, or do something arty; read a book or a comic; or listen to music or an audiobook

Talk it out - talk to a friend, family member, or even a pet. Sometimes talking through your feelings can make a real difference. Write your feelings in a diary



Click here for further
strategies and information
from Barnardo's

The Staff Hub is especially for school staff.
Check this section each issue for available
training, new resources and good ideas to look
after our own wellbeing!





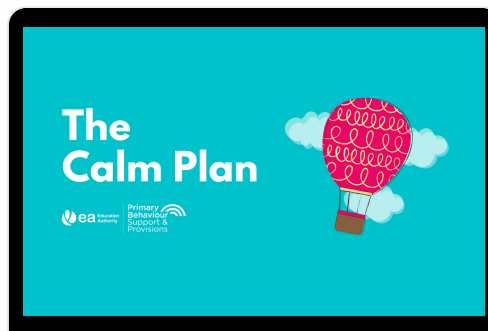
Upcoming PBS&P Training



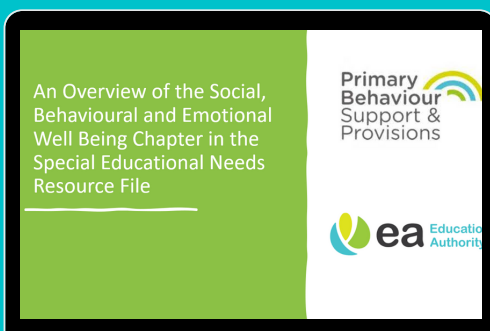
Click the images below to register for these training sessions available to school staff



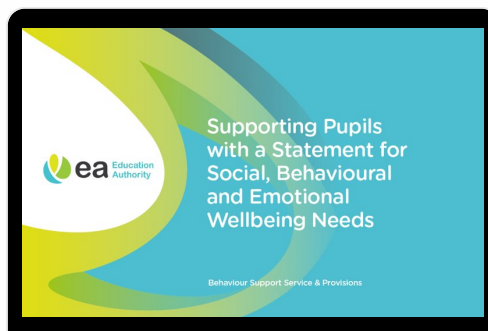
Development and Implementation of a SBEW Plan incorporating the Pupil's Voice
15 and 22 May 2023 @ 2.30pm - 3.45pm
(Participants must attend both sessions)



Developing a Calm Plan
11th May 2:30pm - 4pm



Overview of Updated SBEW Guidance in the SEN Resource File
11 & 18th May 2:15pm - 3:45pm
(Participants must attend both sessions)



Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs
3, 10 & 17 May 11am -12:30pm

[Click here to see all training available this year from Primary Behaviour Support and Provisions](#)



Early Years Transition

SEN Early Years Inclusion Service, EA Pupil Support Services and Primary Behaviour Support & Provisions are delivering an online professional learning session on supporting transition in early years, whether it's from home to nursery or nursery to P1.



Register now!



Two dates remaining!

20 April 10am - 11am
25 April 2pm - 3pm

Click this image to register for one of the remaining available sessions

Primary 7 Transition

Primary Behaviour Support & Provisions have developed transition resources to offer pupils the opportunity to reflect on their time at school and support them to get ready to transition to a new school setting, using strategies to promote and support positive wellbeing.



'My Book of Memories'
booklet for Primary 7 pupils
to reflect on their time in
Primary School

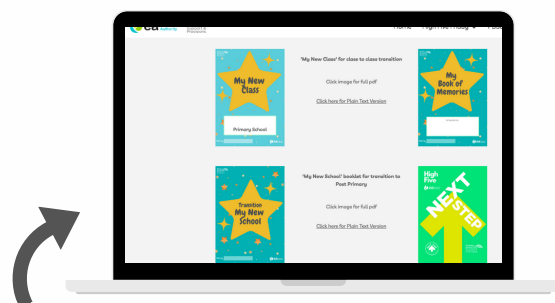


'My New School'
booklet for transition
to Post Primary



'Next Step' booklet for
home for parents/guardians
and Primary 7 pupils to
work through together

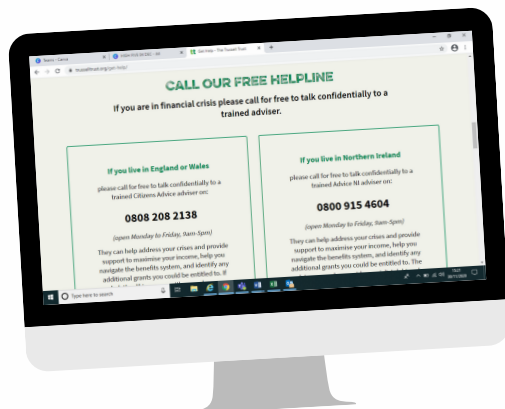
High Five Resource Hub



All of the PBS&P Transition resources can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.

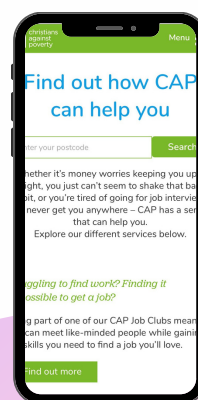
When We Need Support

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 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.