

Issue 61: Friday 26th May 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!



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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 content. All of our EOTAS centres have been exploring different ways of being the best they can be at Being Content. Why not give one of their ideas a try in your classroom?

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.

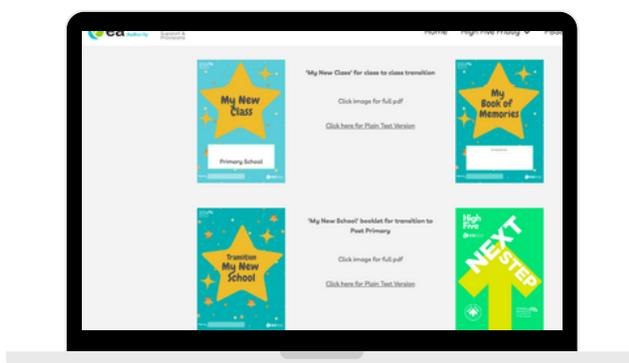
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>

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.**

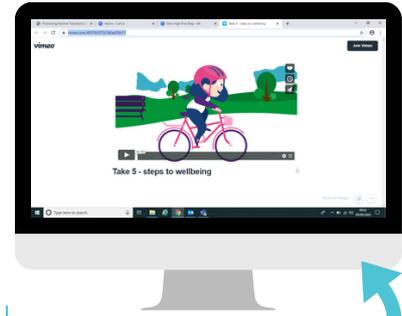
High Five Resource Hub

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.



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.



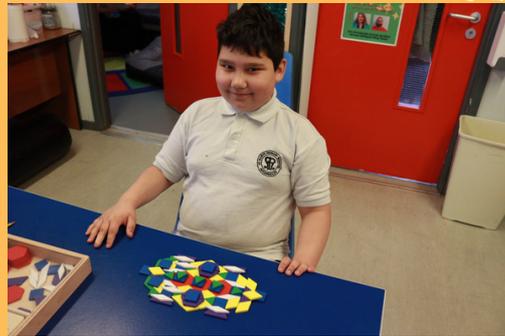
Keep Learning

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 Content ...



When we feel content we feel truly grateful for what we have.



The pupils & staff at Tamnamore EOTAS were very busy at their gardening day. We spent time in the fresh air digging, weeding & planting new flowers. We also painted stones and made designs with shapes. All these activities help us feel content!



Be Active



**We were very active
outside in the garden.
We dug in the soil
to plant some seeds.
We watered the seeds
to help them grow.
We worked as a team!
It was FUN!!**



**We keep
moving
everyday
lots of
different
ways!**

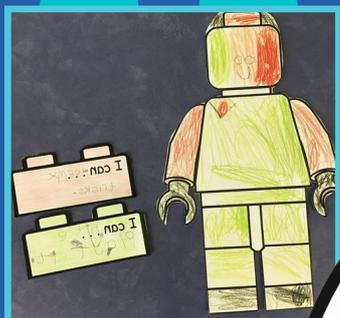


**We are
soccer
superstars**

**Ping
Pong
Blow**



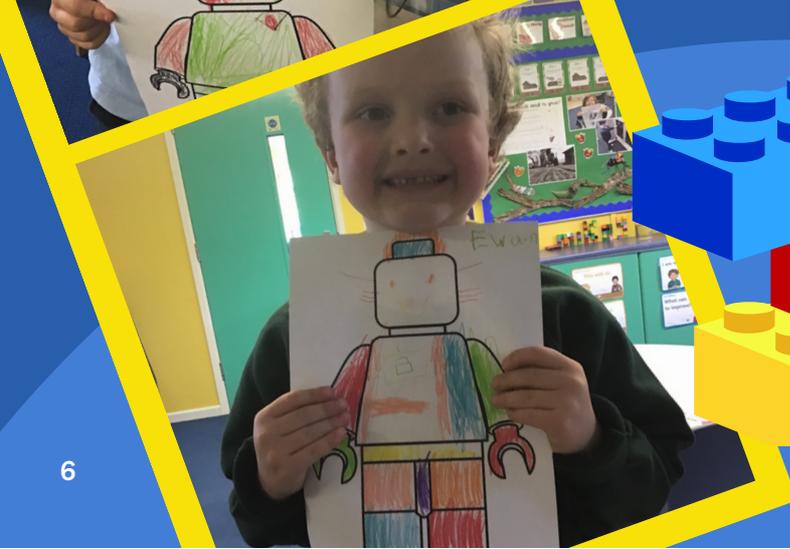
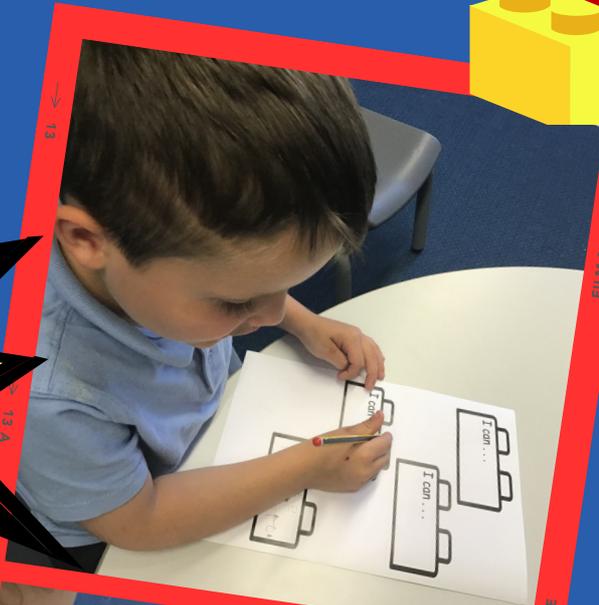
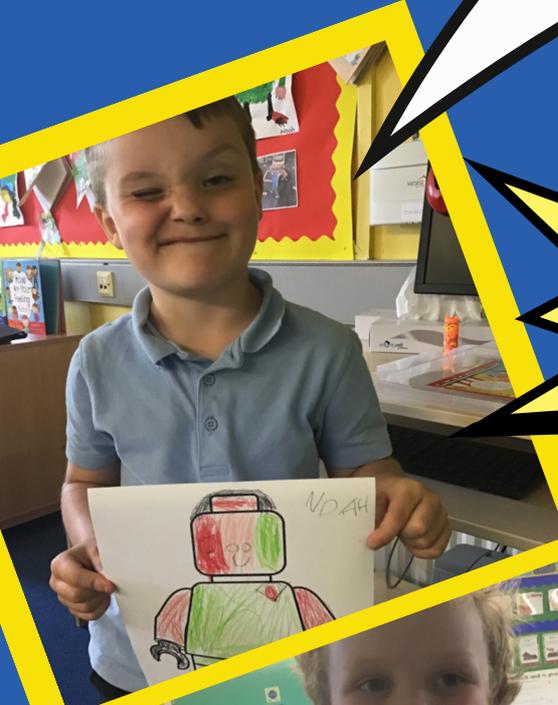
I can ...



In Thornberry we have been building towers, not just any tower but an **I CAN** Lego tower! Everyday we think of a new skill we have conquered or a challenge we have overcome. We write it down on a Lego block and add it to our tower. We can then reflect back on our personal successes and everything we have achieved.



I CAN ...



Take Notice



Fir Trees

“

In Fir Trees EOTAS we have been growing our own butterflies from caterpillar eggs

”



We have enjoyed watching them change and grow. This has been very exciting for us.

We prepared our outside area by planting lots of colourful flowers hoping the butterflies will come back and visit. We will look for them everytime we are outside.



“

We released them into our beautiful flowerbeds and watched and waited patiently and quietly to see if any of them would say goodbye. Eryn was so careful and still that a butterfly landed on her before flying off to join his friends

”



Keep Learning

Staff and pupils have been learning some new ways to be creative.

Using paint and our fingerprints we have been exploring all the different animals we can create



Using modelling clay we discovered faces in nature. Look how this brings the trees to life!

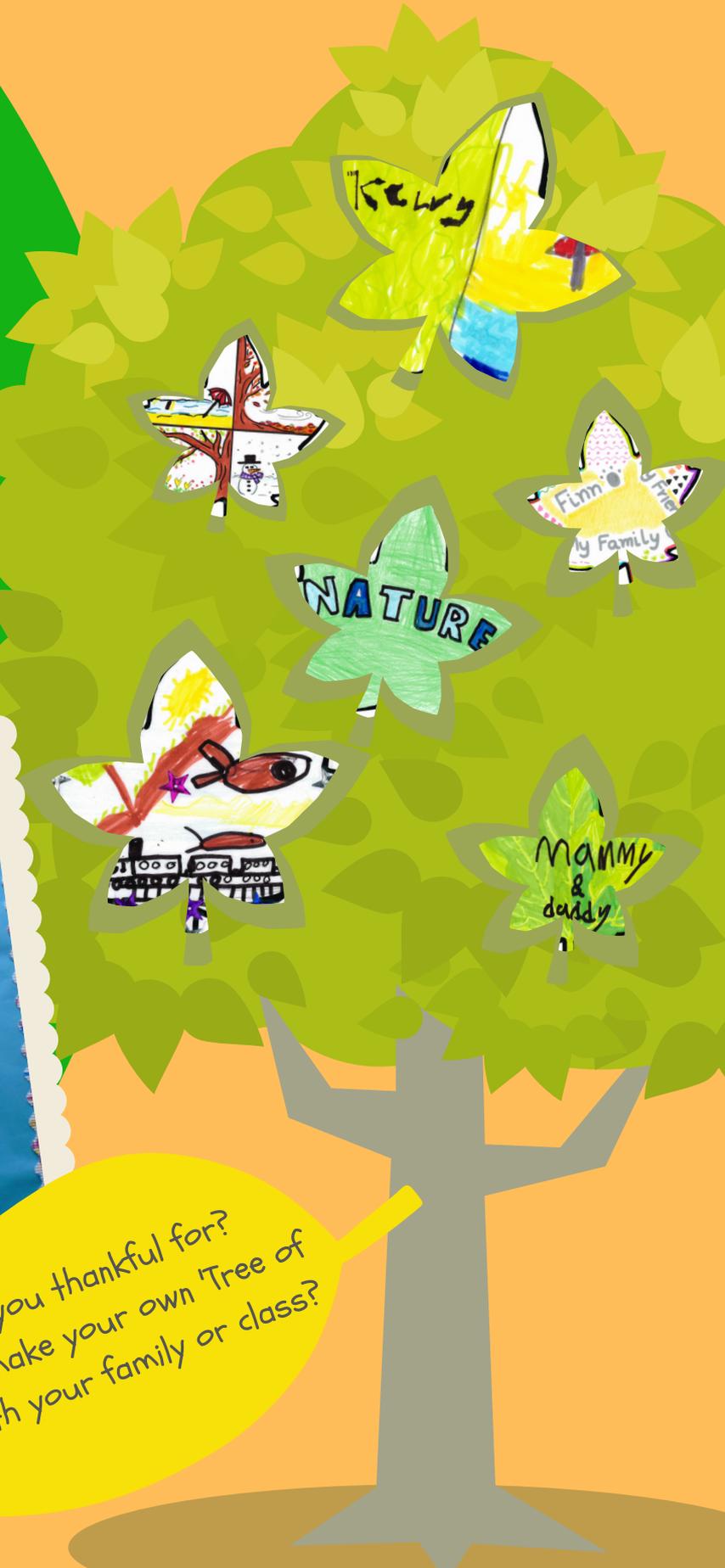
Give



Tree of Thanks

Giving thanks and showing appreciation can help us to feel more content.

The staff and pupils at Treetops created a 'Tree of Thanks' by decorating leaves with all of the people and things that they are thankful for. Some of the pupils even chose to give their leaf to someone special at home as a way of saying thank you.



What are you thankful for?
Could you make your own 'Tree of Thanks' with your family or class?



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



Outdoor Play for Children

Outdoor activities for kids are important to your child's learning and wellbeing. Tips, advice and inspiration for getting kids outdoors and enjoying nature together with you, wherever you live.



Bee and nature friendly activities - Build a bee hotel or plant some bee friendly pots. Click here for some more activities.



Collect items from your garden or the park and make a mini garden... on a paper plate! Click here to watch the video on how to create your own.



Introduce children to nature - Explore, run, play and have fun! Click here for more ideas.



Find out what children can learn from looking after plants. Click here for some ideas.



Click here for some more fun family friendly activities.

Getting Ready to Learn

“Contentment is the only real wealth.”
Alfred Nobel



Practice Gratitude

Being grateful is one of the best ways to feel content. Model this for your child by talking about the things that you are grateful for, including having them in your life. While putting them to bed, ask them to tell you what they were grateful for during the day. It could be anything from the sun shining, to them having their favourite food!

Pick a time during the day when your family is all together- dinner time can be a good time. Encourage conversations around things that they are grateful for.

Encourage your child to express gratitude for things they have received. Encourage them to make thank you cards to express their thanks.



Celebrate Small Wins

Celebrate the simple everyday things. Recognise all your child's daily successes and praise them for them. For example, remembering to take your hand when crossing the road, helping with household chores, or sharing with others without being prompted. Share and celebrate their achievements with others and express how proud you are of them.

Give to Others

The act of giving promotes feelings of contentment. Help your child to share with others, praising them when they do so. Involve them in clearing out things to donate to charity. If there are any charity events locally, take your child along for the experience. If your child has grown out of some of their toys, encourage them to give them away to younger brothers, sisters or friends. Perhaps they could even wrap them up before they give them away!

Encourage small acts of kindness, such as holding open doors for people, or helping someone in the supermarket. Let your child see you modelling these acts.



Avoid Comparisons

“Comparison is the thief of joy”, as they say! Try to avoid talking about what others have or expressing any feelings of jealousy in front of your child. Instead, express your gratitude for what you have, such as food to eat, etc. Limit their time on social media, such as YouTube, and monitor what they are watching when they are on these sites. Watching toy unboxing videos will only make your child feel envious and less content with the toys they have. Encourage your child to be happy for others.

Getting Ready to Learn



Simple Experiences

Ask your child what they enjoy doing most and make a list- it could be going to the park, helping you cook, playing with their favourite toy, or jumping in puddles. Have fun doing these activities with your child.

Offer some new experiences for your child. Why not set up an indoor camping experience – they could even eat and sleep in the makeshift tent. Or why not try a night-time neighbourhood walk by torch light – what can they hear, see and smell?



Build Confidence

Avoid criticizing your child, instead, praise your child's effort and acknowledge small daily achievements. Tell your child all the things you love about them and what their strengths are. When they compare themselves to others, remind them of something that they have achieved. For example, "Yes, Tommy is great at cartwheels. Remember when you did that great handstand? Maybe you could show him how to do a handstand and he could show you how to do a cartwheel!"

Help your child learn how to do new things. Show and help them at first, then let them do what they can on their own. Try not to jump in if they make a mistake as this is how they learn best. They will feel so proud of their achievements! Don't make new challenges too easy, or too hard, and always praise their efforts.

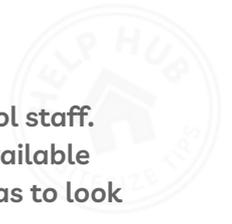
Help Your Child Find Their Passion

Exploring their own interests can give children a sense of identity and contentment. Let your child pick what they will do after school or which book to read at bedtime. Discuss why they chose those things and what they like about them. Read books with your child on their interests, such as animals or famous people. Show them television programmes or films about their favourite things. If your child has a particular interest provide lots of activities to support their hobby.

If they love cooking, make the time to teach them simple recipes in the kitchen. Praise them for their fabulous efforts and enjoy eating them.

If they enjoy art, provide lots of materials, particularly junk to encourage their creativity. You might like to take them outdoors to create some nature art. They could even create some nature faces and leave these behind for others to enjoy.





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 and SBNI Training



Developing a Calm Plan 5th June 2:30pm

Click the image to register for this PBS&P training session available to school staff



Safeguarding Board for Northern Ireland (SBNI)

This brochure outlines training modules on understanding the impact of adversity and trauma informed practice currently available to support practitioners across Northern Ireland.

 Click here to access the online training brochure



EA Health Well

EA Health Well is an interactive website which provides EA employees with support, education and information on a wide range of topics as a way of improving their overall health and wellbeing. Take some time to explore the range of health resources and health topics available.

MIND Mind Topics	BODY Body Topics	WORK Work Topics
LIFESTYLE Lifestyle Topics	FINANCIAL HEALTH Financial Health Topics	NUTRITION Nutrition Topics
SOCIAL HEALTH Social Health Topics	DIVERSITY & INCLUSION Diversity & Inclusion Topics	ENVIRONMENT Environment Topics

Click here to access the EA Health Well



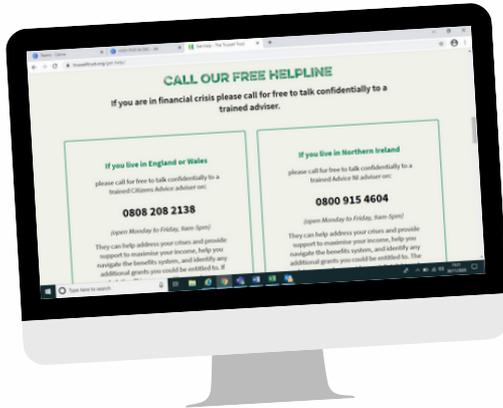
Inspire Workplaces provides a confidential and independent counselling support service for all staff that is available at any time (24/7, 365 days a year) on 0808 800 0002.

Click here to access the Inspire information leaflet



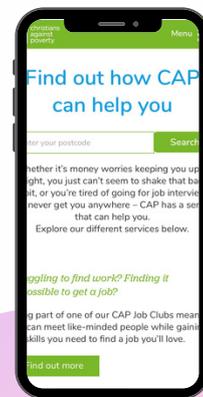
When We Need Support

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.

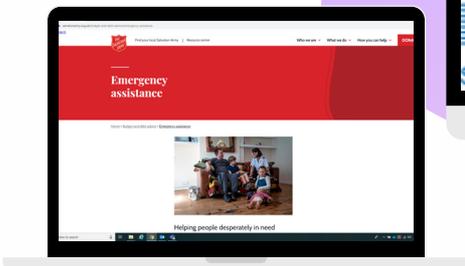
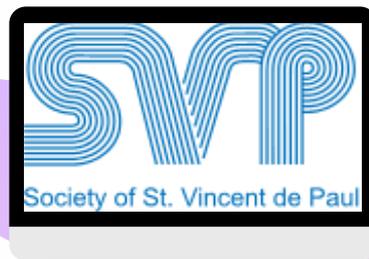


Click here

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.