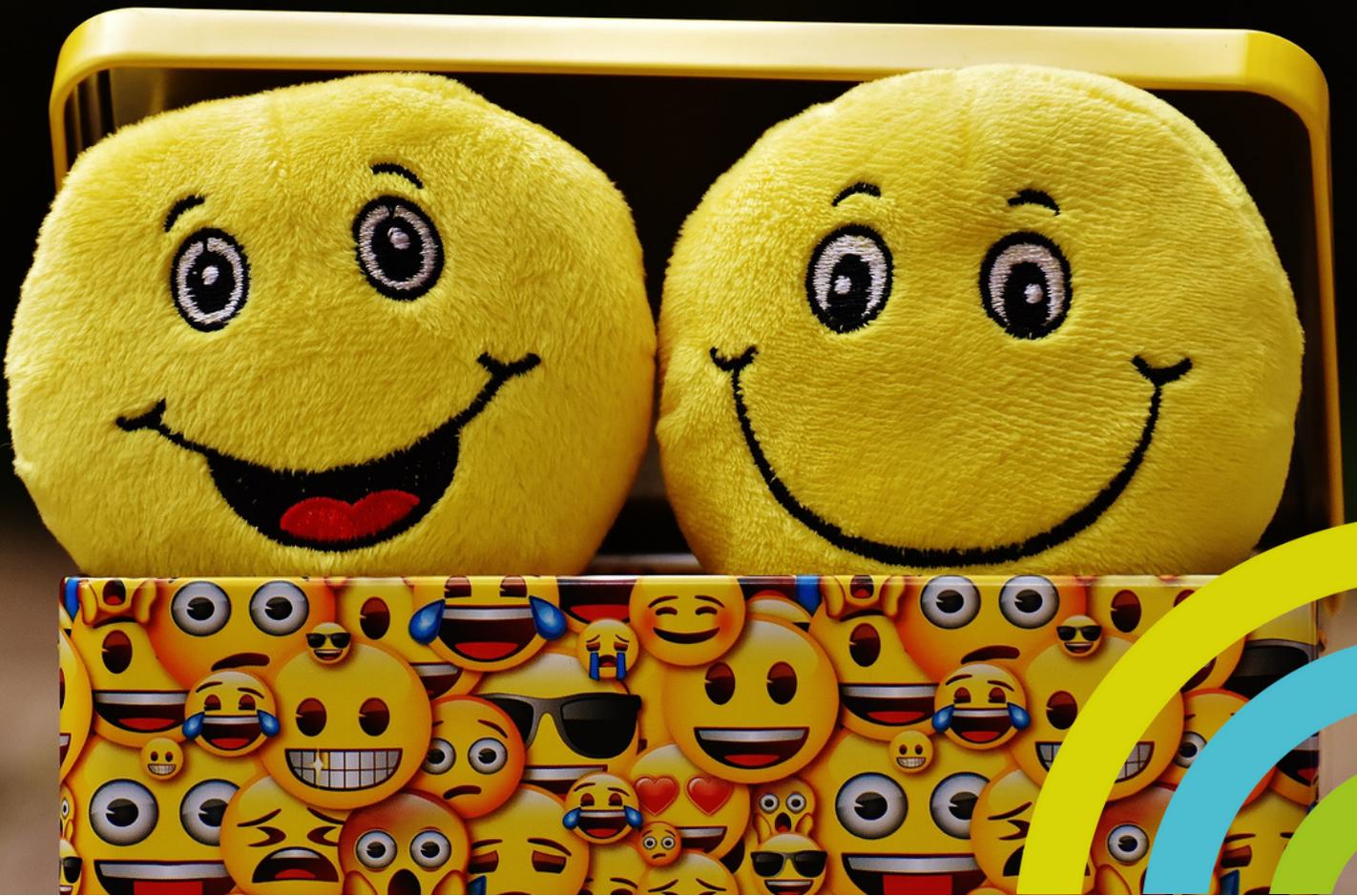


High Five

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 Happy. When we think of happiness, we think of laughter and big smiles. But happiness doesn't have to be only about the big moments of joy. Happiness can be simple savouring of a moment or recognising a sense of peace. In this issue, there are lots of ideas to promote fun and laughter as well as inner happiness and tranquility.

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>

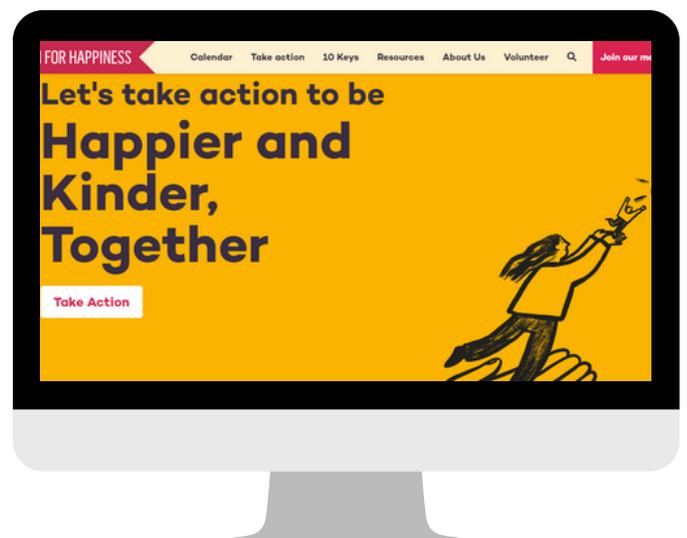
We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

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.**

Action For Happiness

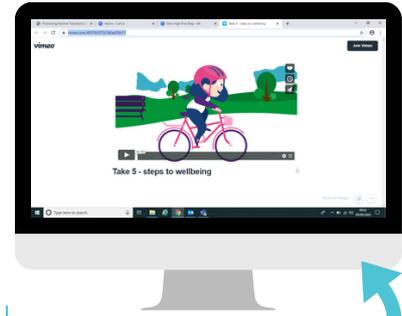
This website is an excellent source of ideas and activities to try that help to promote happiness, including a daily calendar of ideas and a free-to-download App.

For schools, there are ideas and programmes to download or order.



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 Happy

What makes you feel happy and helps to bring a smile to your face? Here are 5 top tips to focus on what is going well and making us feel good..



1

Positive strengths - Think of all of the things that make you special and unique.

2

Practice Gratitude - Think of all the things you are thankful for.

3

Build Connections - Think of all the people that you enjoy spending time with.

4

Find Ways to Give Back - The joy in giving and helping others.

5

Have Fun! - Have fun with family and friends doing the things you all enjoy.

Happy Thoughts

At the end of everyday, think about something that made you feel happy...

I felt happy when...



Be Active

Exercising Together

We know that exercising boosts our happiness level because it helps our body to produce endorphins, which makes us feel happy.

But if exercising isn't your favourite thing, doing it with a group or as part of a team can help to make it even more fun.

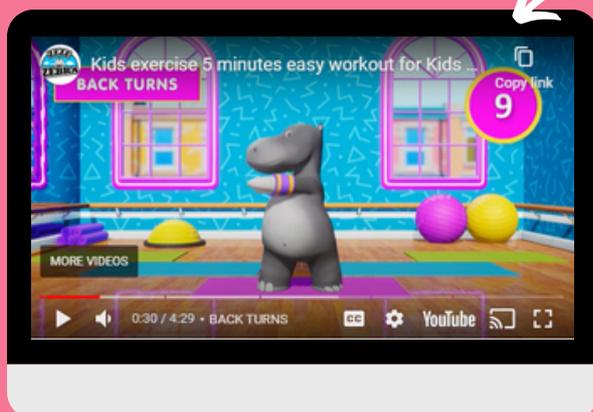


Click here to find out more about the daily mile...

Daily mile

Lots of schools take part in the daily mile, where everybody walks, runs or jogs for 15 minutes each day.

Did you know that schools in 90 different countries do the daily mile every day?



Whole Class Workout

If your class are feeling a bit down in the dumps, why not take 5 minutes to do a whole-class workout like this one to give everybody a boost?

Time to Talk

Sometimes starting a conversation is the first step in connecting with somebody, which can make us feel happy. Try these conversation starters with one other person or in a group.

What would you do with £100?

Who is somebody that you would really like to meet?

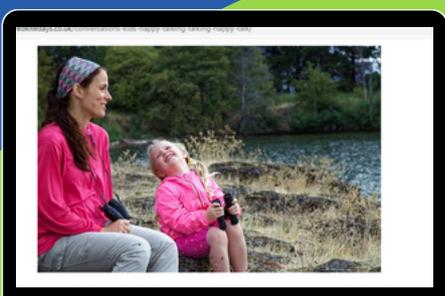
When was the last time you had a really good laugh? What were you laughing at?

If you could have one super power, what would it be?

Would you rather live in the clouds or live underwater?

What can you do to make tomorrow a great day?

Talk It Out

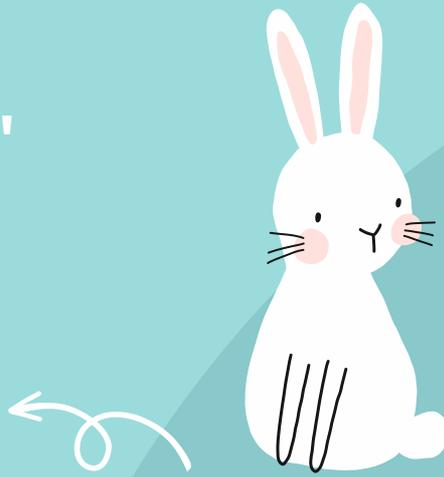
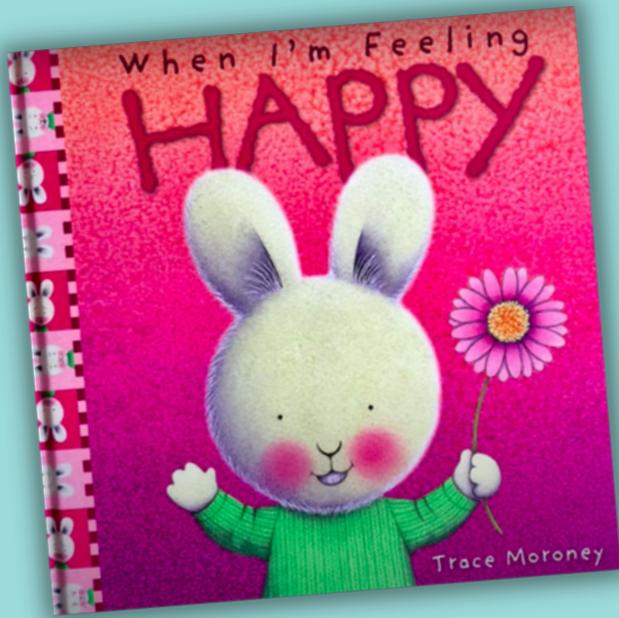


Many parents find that asking their children about their school day is often met with a standard response of, "it was fine." The Red Kite Days website has some great tips for helping to get conversation flowing with your children.



Take Notice

'When I'm Feeling Happy'



In the story, 'When I'm Feeling Happy', Bunny shares all the things that make him feel happy. Click on the book to watch the story, then answer the questions below.



What are the things that make you feel happy?

What are the things about YOURSELF that make you feel happy?

What are some things you can do to help someone else feel happy?

When do you feel the happiest?



My Happy Picture

During ICT or Art, your class could make happy pictures. Put your name in the middle of the page and surround it with pictures of things that make you happy.



Doing backflips on my trampoline

Arsenal FC winning their games

Running the whole length of the pitch and scoring a goal!

R&R with my Xbox after a day at school

Enjoying a day at the beach with my family

Nibbling on KFC Popcorn Chicken

A Happy Acrostic Poem

Write your name down the side of your page.

For each letter of your name, think of something that makes you happy and write a sentence or phrase about it.

Remember:

Poems don't have to rhyme but if you want a little extra challenge, see if you can make yours rhyme!



Click here to find more Happiness learning activities on Twinkl (activated account required)

Fruit Kebabs

Give your body a special treat this week by making some delicious fresh fruit kebabs.

You can make it a fun family activity by putting a variety of fruit pieces in bowls and letting everybody create their own kebabs by deciding which fruit to put on their skewers.

The Healthy Little Foodies website has some handy tips and good advice for how to make delicious fruit kebabs.



Click here to find tips for making fruit kebabs on [Healthy Little Foodies website](#)



More Fun With Fruit

Even if you don't have kebab sticks, you can still have some fruity fun by making fruit faces, like some of the Fir Trees EOTAS pupils did. What would you use to make your eyes, nose, hair?





Inbox



Take 5 Schools

Pupils and staff from Tamnamore EOTAS took some inspiration from the last issue of the High Five Magazine for some mindfulness activities. They all enjoyed watching a video and trying out some 'alphabet breathing', it was as easy as A - B - C!



Give
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...

ea Education Authority







Click here to try them out yourself



Tamnamore



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 Happy

Make a Family Spring Bucket List

As the weather begins to warm up we are starting to spend more time out of the house, enjoying the sunshine. As a family create a family spring bucket list of all the things you would like to do. Here are some great spring bucket list ideas to inspire you, tick them as you go.

Feed the ducks

Plant some flowers

Eat an ice cream

Have a BBQ



Splash in a puddle

Draw outside using chalk

Go to the park

Go on a bike ride



Go on a nature walk

Have a picnic

Make a bird feeder

Blow some bubbles



Find a rainbow

Have a garden tea party

Make some spring art

Help in the garden





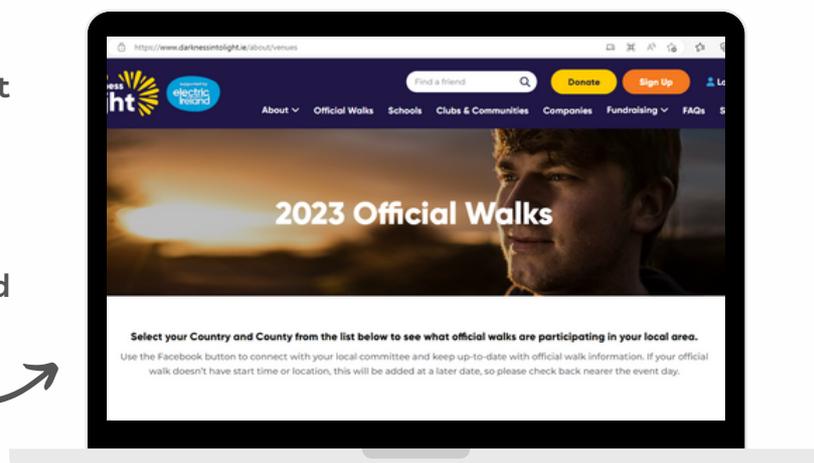
Darkness Into Light

Saturday 6th May 2023



In 2009, in the Phoenix Park in Dublin, 400 people set off on the inaugural Darkness Into Light 5km walk to raise funds for Pieta. From small beginnings, the movement has continued to grow, and now there are over 150,000 participants in Darkness Into Light each year.

Join Pieta and Electronic Ireland at sunrise on Sat 6th May for Darkness Into Light and give the gift of hope to those impacted by suicide and self-harm. You can find your nearest official walk here:



Choose your way to take part



Join us for an official walk by picking your closest location. There are over 200 official walks to choose from.



Take part your own way and choose your own route with friends, family or colleagues.



Take on a challenge and test your fitness levels.

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.



Simon Says

This is similar to "Mother, May I?" but with the added challenge that the child must watch out for commands that do not have "Simon Says" as part of the phrase. Thus, when the game is going rapidly, the leader can suddenly omit to say, "Simon Says," and the unwary participant may do the action without thinking. If a player makes this mistake, it is their turn to be leader.

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.



Row, Row, Row Your Boat

Sing the familiar song, adding the child's name at the end ("Erin's such a dream"). Small children can be held in your lap. Older children can sit facing you. Clasp forearms rather than hands makes this feel more secure and connected. If another adult is available, child can be seated between you as if in a boat as you row back and forth. The tempo can be varied from fast to slow and back again to practice regulation. 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.

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.



Fanning

After a vigorous activity, one adult or both parents rest with child in their arms, and the other adult fans with a large pillow, a fan, or newspaper. Watch how everyone's hair blows.

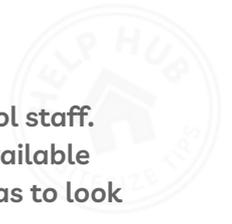
Challenge Activity

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.



Magic Carpet Ride

Have child sit on a large pillow or small blanket, holding firmly to the edge. When the child looks at you, pull him around the room. When he breaks eye contact, stop. This works well on a slippery surface, such as a wood or vinyl floor.



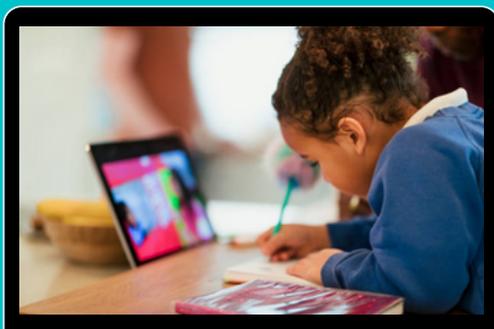
The Staff Hub is especially for school staff.
Check this section each issue for available
training, new resources and good ideas to look
after our own wellbeing!





Upcoming PBS&P Training

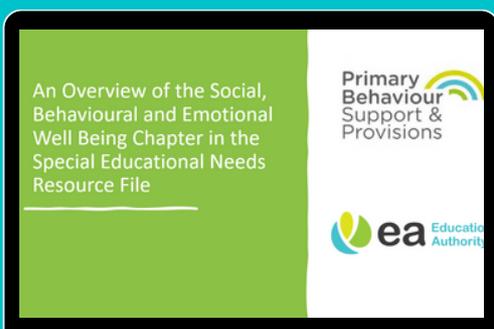
Click the images below to register for these training sessions available to school staff



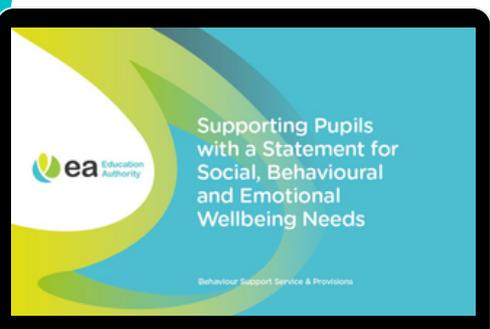
Development and Implementation of a Social, Behavioural Emotional Wellbeing Plan Incorporating the Pupil's Voice
15th & 22nd May 2:30pm



Developing a Calm Plan
11th May 2:30pm
5th June 2:30pm



Overview of Updated SBEW Guidance in the SEN Resource File
11th & 18th May 2:15pm



Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing Needs
3rd, 10th & 17th May 2:15pm



National Walking Month

Did you know that May is National Walking Month? Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free!



Did you know that walking a minimum of 20 minutes every day can reduce the number of diseases, including heart diseases and high blood pressure? Treat your body right and walk every day. Set up daily goals and reminders, and don't forget to listen to music when you walk! Let's amble along and find out more!

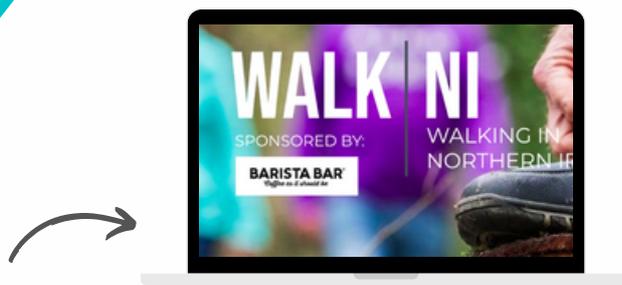
National Walking Month Activities

- Move your feet and get going

The best way to celebrate this month is by walking. Get moving and hit your daily walking goals.

- Attend a group walk

A group is an excellent way to walk for longer periods. Walking with people keeps you engaged in the activity, and you walk more.



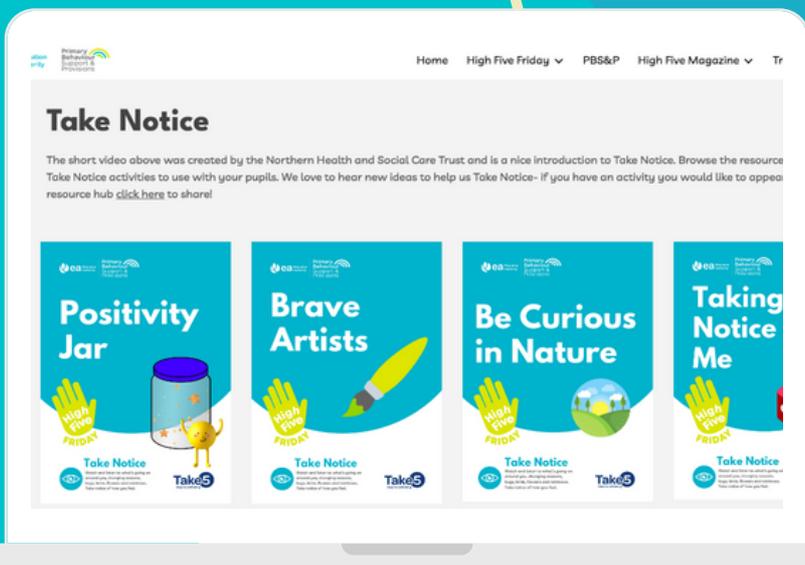
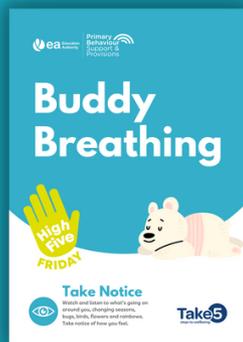
Click the image for more information on walking destinations in Northern Ireland along with local clubs and groups at Walk NI



High Five Resource Hub

Primary Behaviour Support & Provisions have developed the High Five Resource Hub, which can be accessed on C2K. The Hub allows schools to directly access:

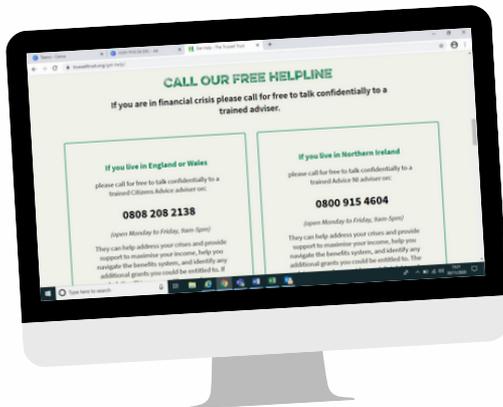
- The fortnightly PBS&P High Five Magazine
- High Five Friday information and activities
- PBS&P Resources
- Transition Booklets
- PBS&P Publications and training
- Useful links and signposting



If you have a C2k account click on the image to visit the hub.

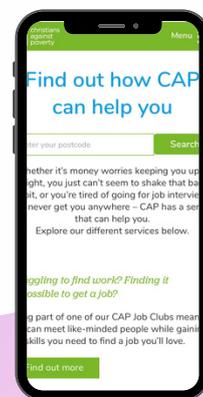
When We Need Support

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.

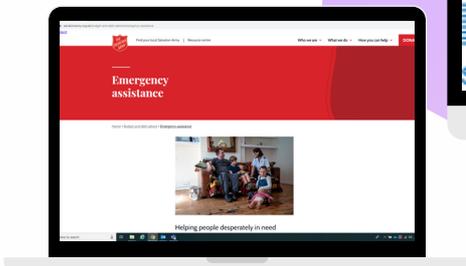


Click here

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.