

Issue 74: Friday 15th March 2024

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

**High  
Five**



# Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Be Happy
- 06 Be Active - Sharing Happiness
- 07 Connect - Happier Together
- 08 Take Notice - Taking Notice of the Present
- 09 Keep Learning - Be a Space Explorer
- 10 Give - Being Grateful
- 11 Easter Fun!
- 15 PBS&P Inbox - NASS Cluster 'Celebrating You'
- 17 Parent Hub - Take Time for You
- 20 Parent Hub - Be Happy Clean Up
- 21 Staff Hub - Action for Happiness
- 22 Staff Hub - High Five Resource Hub
- 23 Staff Hub - Upcoming PBS&P Training
- 24 Staff Hub - Upcoming NASS Training
- 25 Staff Hub - Early Years Transition Training



## 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. Everybody wants to feel happy. By becoming happiness explorers, we can go on adventures and try new things that can make us happy. There are many different paths to finding happiness but scientists who have researched happiness have found 'ten keys' to unlocking happiness. In this issue, we are putting on our explorer suits to explore activities to find some of these 'keys'.

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.**

## High Five Friday

High Five Friday is an ongoing whole school emotional health and wellbeing programme. Participating schools dedicate every second Friday to focus on embedding nurture principles, complete activities featured in the High Five magazine and use the Take 5 framework to deliver the day's learning.

It is time and space for every member of the school community to step back and focus on enjoying each others company.

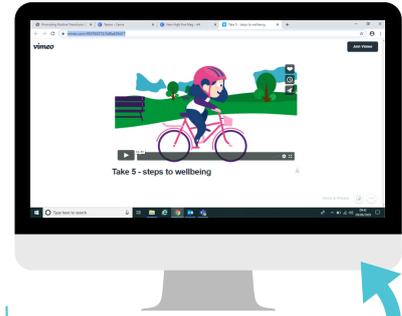
Click the image below to register for the High Five Friday Information Session



**High Five Friday Information Session**  
**15 April 2024 3:15pm - 4:30pm**

# 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

Our High Five Challenge in this issue is to Be Happy. This isn't the first time the High Five has had this theme. Back in January 2021 we published a magazine with ideas to cheer us all up. This was during the second lockdown so most of the activities were things to do at home with the people we lived with. Click on the image to see what we were all up to back then!

Thankfully there are no more lockdowns so the ideas to help us Be Happy in this issue are very different! But the science is still the same- to help us Be Happy we are going to make sure to boost the happy hormones:



## Endorphins

Our bodies produce endorphins when we exercise and when we laugh! Endorphins help us to feel less anxious or worried.

## Serotonin

Our bodies produce serotonin when we remember how we have been helpful or things we have achieved. It is also produced when we spend time outside in the sun. Serotonin helps us to feel important and valued.



## Oxytocin

Our bodies produce oxytocin when we have a hug or do something fun with another person! Oxytocin helps us feel content, calm and safe.

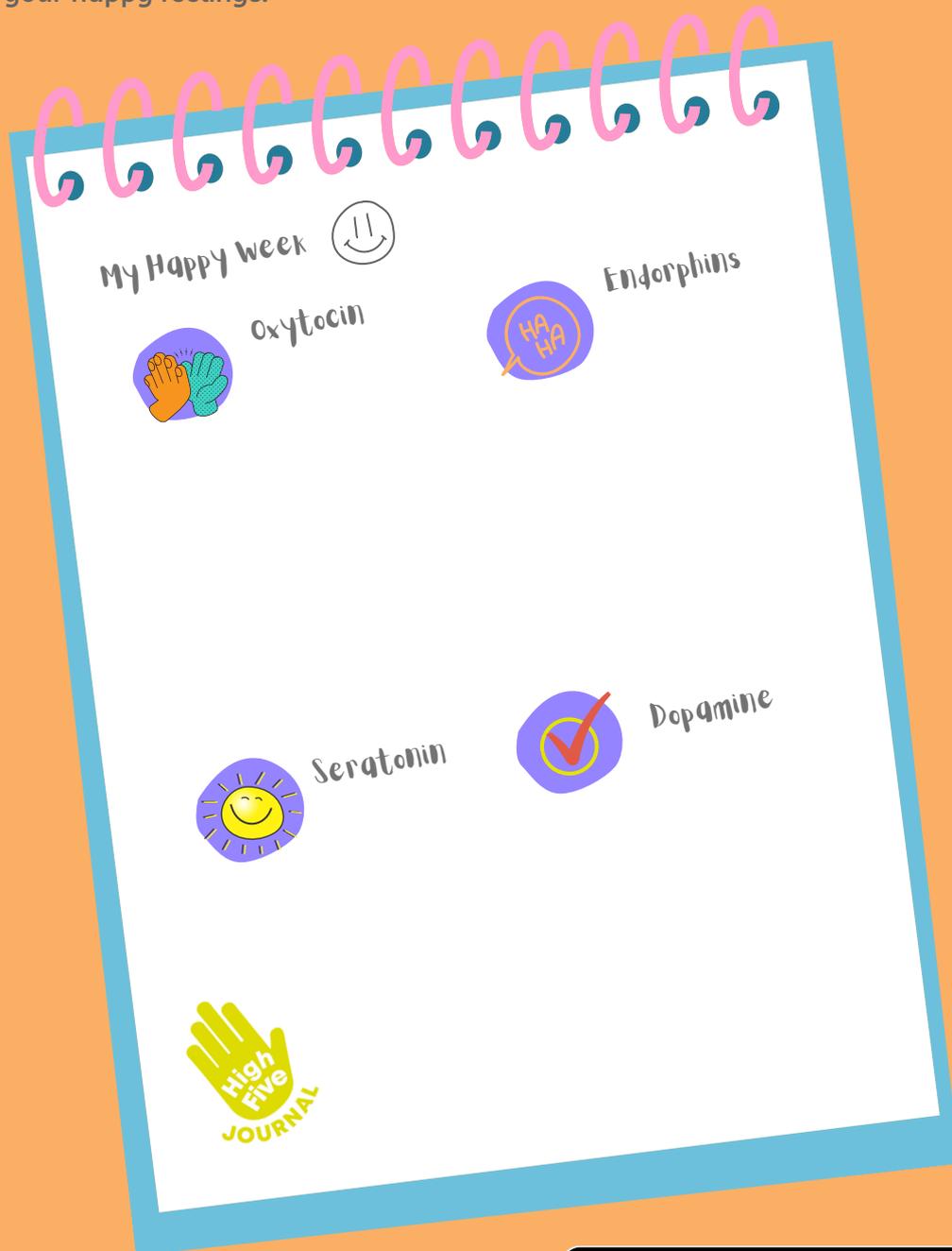
## Dopamine

Our bodies produce dopamine when we finish a task or learn something new- especially if it was tricky. Dopamine helps us feel ready to do a job and helps us feel good when it is finished.



# Be Happy

Every time you see one of these symbols throughout this issue you will know that the activity will help your body produce one of these happy hormones! Make a note in your High Five Journal of all the things you plan to do to increase your happy feelings.



Click on this image to learn more about the happy hormones



## Sharing Happiness

Happiness is a full body experience, so by keeping your body healthy you are also keeping your brain healthy. Smiling, laughing and exercise help us to feel good and reduce worry and anxiety.



Why not try some new activities throughout the day that could brighten up the classroom.

## Smile Out Loud

Did you know when you hold a smile or a laugh for more than 20 seconds it can make you feel happy even if you did not feel happy at the start. Smiling helps to our brain to think positively.



## Pass the Smile

Why not pass a smile or a laugh along of chain of classmates. The person at the start of the line turns to the person beside them and smiles or laughs. The person then smiles or laughs in return and then turns to the person beside them. Continue these actions until everyone has had a turn. Once you get to the end of the line pass it back up the line.

## Stand Like a Superhero

Standing Happy - When you stand in a positive way it can tell your brain you feel happy. Practice standing in a happy way. Practice standing in a sad way. Do you feel different when you stand in these ways? Standing in a positive way or 'power posing' can help you feel better. Practice happy standing to help you and others feel better.



Click here to access more ideas to Be Active

Share happiness with others by dancing together to 'The Trolls' with GoNoodle



**GoNoodle**

## Happier Together

Friendships and building new friendships are very important for happiness. Sharing worries, celebrating successes, and learning about each other helps to build friendships.

Become a 'reporter' and interview friends to find out more about them. Here are some questions you could ask...



What are you most proud of?

What are you enjoying at school?

What are your happiest memories?

What is your favourite colour?



What are your favourite hobbies?

What is your favourite joke?

What is your favourite cartoon character?

What is your favourite game?



Click here to access more ideas to Connect



Take time to pause... did you learn something new about your friend?



# Take Notice

## Taking Notice of the Present

Being present is an important skill for developing happiness. Everyone's mind wanders from time to time but taking time to be present can help us feel calm.

### Try a Mindful Walk

- 1 As you step outside notice how it feels, is there wind, how does it feel on your skin, is it cold or warm, what do you smell, how does the ground feel under your feet.
- 2 Look at the sky, can you see birds, clouds, is it raining, can you see any shapes in the clouds.
- 3 Take a walk, notice the shapes and colours, are there many people or animals, listen to the sounds, what do you hear?
- 4 Can you see any wildlife, trees, grass, how do they feel, are they spiky, soft. After the walk draw a picture of what made you happy about the walk.



### Take Notice of Nature

Go for a nature walk around your school. Keep a note of what is happening in nature. Does it change in Summer, Autumn, winter, spring? Take notice of how the ground feels under your feet. Does it feel different if you run or hop? How does the air feel on your face. Do you feel the wind, the sun, the air? What noises or animals do you hear? Why not collect some interesting treasures along the way. Bring some binoculars and look closely. Can you see any animal tracks or hear any sounds?



To find out about more ideas about how to let nature into your garden click below



Click here to access more ideas to Take Notice



# Keep Learning

## Be a Space Explorer

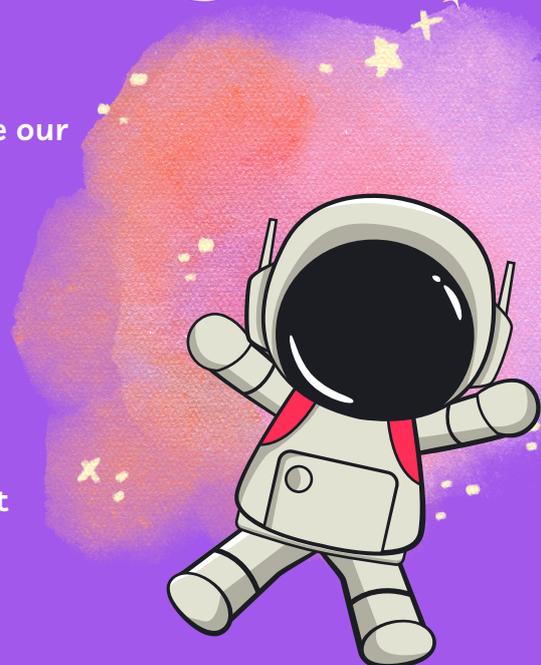
Learning new things through new experiences can increase our wellbeing, boosts our confidence and our creativity.

### Why not discover what is in the sky above you!

Be space explorers with NASA.

### Build a Bubble-Powered Rocket!

Build your own rocket using paper and cardboard! Watch it lift off. How high does your rocket go? Stay connected with all the latest space explorations with NASA kids by clicking on the rocket below.



### Be Creative - Try Sock Art

Be a space alien and imagine you have just arrived from another planet. You see a sock for the first time, but you don't know what it is for. Think of all the creative ways you can use a sock...

- Could it be a sock hat?
- Could it be a sock puppet?
- Could it be a sock bean bag?

What else do you think it could be?



Click here to access more ideas to Keep Learning

## Being Grateful

Being grateful for the things we have and sharing gratitude with those around us, helps us feel satisfied and happy.

### Top Tips for Gratitude

1. Always remember to use good manners, saying please and thank you
2. Talk about and express gratitude. Find the positive in your day - "It might be raining but I am glad all the plants are being watered"



### Play The ABC's Gratitude Game

In a seated position, with eyes closed, make your way through the alphabet.

Beginning with the letter "A." Think of something you are grateful for that begins with each letter of the alphabet. See if you can make it all the way to 'z'!



"I am grateful for Alice; she tells funny Jokes"

"I am grateful for books; they help me to learn something new"



"I am grateful for my cat; she helps me to relax"



### Pay Each Other Compliments

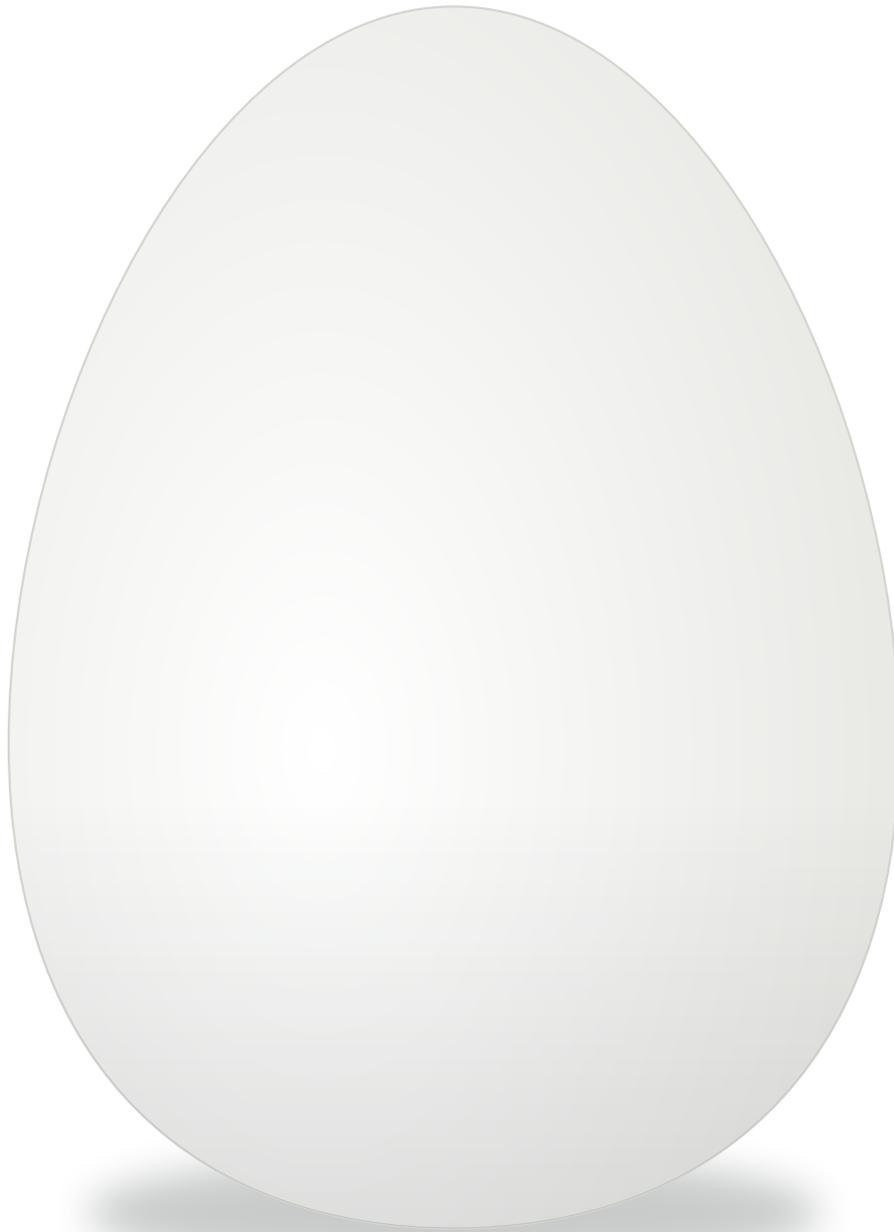
Compliments are kind words that we use to show someone we appreciate them. Everyone loves getting a compliment and it makes them feel valued and happy. To pay someone a compliment we need to take notice. Create your own compliment cards and then hand them out to each other. How did this make you feel?



Click here to access more ideas to Give

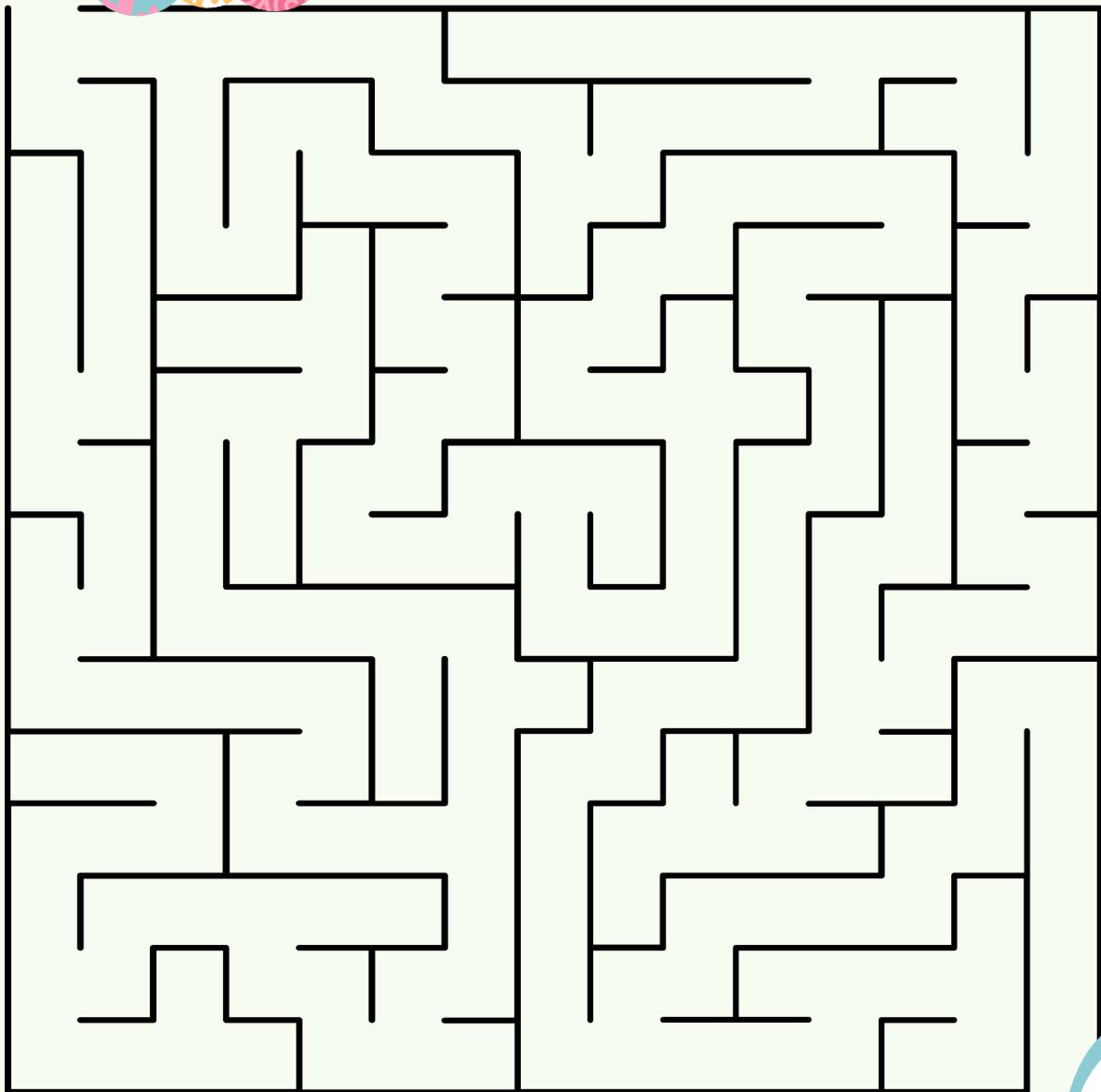
# Egg Design

Decorate and colour your Easter egg



# Easter Maze Puzzle

Help the Easter bunny to find the way through to his Easter eggs.



# Easter

## Word Search



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | Y | R | Z | F | G | Z | F | Q | Y | I | C | P | N | E |
| A | E | C | E | U | B | M | A | N | F | H | A | O | X | M |
| B | S | L | Z | T | W | M | N | S | O | R | I | B | E | I |
| C | G | F | E | D | S | U | O | C | A | T | T | S | L | T |
| W | U | O | K | B | B | A | O | D | I | T | K | S | X | G |
| J | I | J | O | T | R | L | E | D | E | E | C | H | H | N |
| W | D | C | E | D | A | A | A | W | E | N | H | E | O | I |
| M | I | T | K | T | I | R | T | A | A | N | I | E | L | R |
| J | Y | I | E | E | T | E | K | I | O | O | C | J | I | P |
| H | H | G | Y | K | R | H | S | T | O | B | K | S | D | S |
| T | U | L | I | P | S | D | S | Z | I | N | S | G | A | G |
| L | I | D | O | F | F | A | D | M | E | C | V | G | Y | O |
| J | P | I | U | H | E | H | B | F | L | O | W | E | R | S |
| C | D | W | S | F | M | R | H | K | F | C | A | N | D | Y |
| H | T | R | I | B | E | R | I | W | A | F | U | K | H | M |

BASKET

CHICKS

BUNNY

DAFFODIL

EASTER

EGGS

CHOCOLATE

FLOWERS

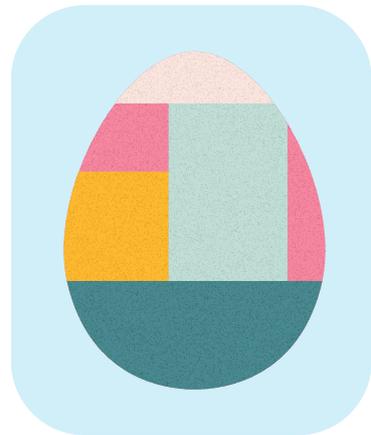
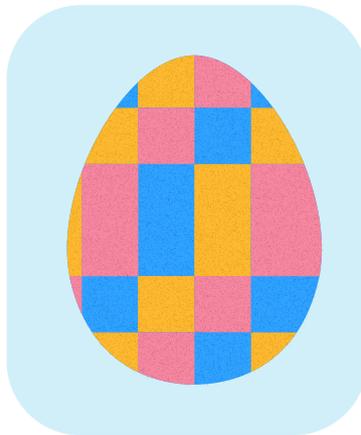
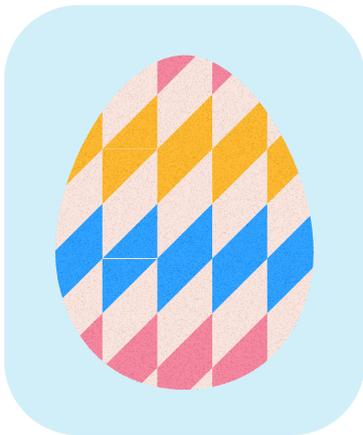
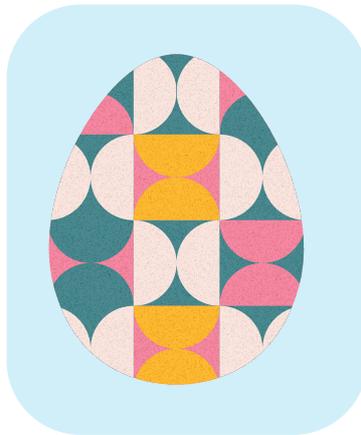
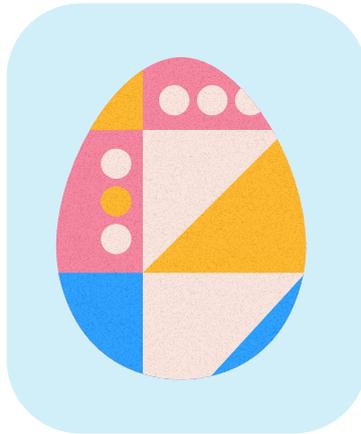
HOLIDAY

SPRINGTIME

# EASTER

## Memory Game

Print (2x), and cut the cards. When you find the pair, you get one point. The player with the most pairs at the end of the game wins.





# Inbox

Nurture  
Advisory &  
Support Service



## 'Celebrating You'

The Nurture Advisory & Support Service (NASS) aims to support schools to improve the educational, social, emotional and wellbeing outcomes for children and young people within a whole school nurture approach framework.

This early intervention, preventative model of support is beneficial for all children and young people and provides a range of learning experiences to support the development of their social, emotional and behavioural skills, thus, encouraging success at school and with peers.

On Friday 1st of March, in Antrim Board Centre, all 62 DE funded Nurture Groups were invited to attend their Regional Cluster 'Celebrating You'. This gave everyone the opportunity to celebrate their schools, to network and to share their ideas and experiences with each other and NASS staff.



'Welcome'



NASS Interventions



Nurture Rooms



Icebreakers



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](mailto:primarybsp.enquiries@eani.org.uk)





# Take Time for You!

Happiness starts at home with you. Happiness is infectious, so when grown-ups are happy this has a positive impact on your child's happiness, so therefore it is important to remember to take time for you!

## Top Tips to Modelling Happiness



1. Take time for the things that make you happy
2. Have a warm bath with soothing bath salts
3. Go for a walk or a run
4. Watch a comedy or your favourite TV show
5. Meet up with friends
6. Laugh
7. Keep your own mindfulness and 'Gratitude Journal'

## Share and Connect

Sharing and connecting with others in fun ways can increase happiness, so why not try something a little different. Invite friends, grandparents and even neighbours for a Mad Hatters Easter Tea Party. Could you have a prize for the best dressed, why not have an easter egg hunt? Add some of your favourite books, colours, and objects to the table.

Embark on 'Missions of Kindness' – Sharing is caring. When we share with others not only does this help them feel happier but also makes us feel happier too. As parents we can support our child in giving to others by trying some of these activities.

- Send a letter to your grandma or granddad, or a relative you don't see very often. Write it by hand, not on the computer!
- Have a kindness day and make a list of kind things we can do to help someone.
- Set up a kindness box at home – make a box and place it where your family can put messages into it. These can be photo's, drawings, thank you notes. Find time to share the messages at home whether at a special dinner or having marshmallows around a fire.



# Take Time for You!

## Spend Time Together as a Family

- Go on a beach walk and help to pick up litter.
- Paint rocks with pretty pictures or positive sayings and hide them in your neighbourhood for other children to find.
- Sign up for a sponsored run, skip or silence and raise money for your favourite charity.

## 'I Spy Kindness'

Kindness exists all around us - we just need to start looking. When you're out with your child, point out unexpected smiles, people helping strangers carry shopping bags, someone giving up their seat on the bus, etc. The kinder acts that your kid witnesses, the more ideas they'll have for spreading cheer on their own!

## Plan a Trip Together

Encourage your child to help plan a trip together.

- Think about where you are going, walking, by car, by train or by bus
- What is the budget for the day, will you bring a picnic or buy lunch?
- What activities would you like to do when you're there? Go swimming, climb trees, play in the park
- Draw a picture of your favourite part of the day when you get home.

## Get Moving and Connect!

Exercise and taking care of the body is important for a healthy mind. When we exercise, we release the happy hormone dopamine. Move more and sit less, cut down screen time, eat healthy, and get more sleep. Regular exercise helps to strengthen brain power and in turn helps learning. Exercising does not have to be boring why not put your 'adventurer hat' on and look at fun things to do. Adventures do not have to break the budget. Why not get out and about and try new things.

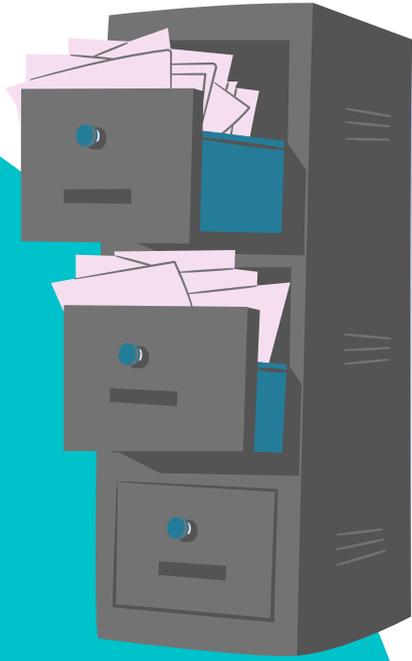
Find out what's on offer with Discover Northern Ireland





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!





# Be Happy Clean Up

The end of term is a great opportunity to boost those happy hormones as a class group. Set time aside to tidy trays, under desks and go back through workbooks to see if anything from the last term needs finished or marked. It's also a good opportunity to look back over the High Five Journal.

While you all work on this task play a slideshow on the screen of photos taken throughout the term.

Here's how the end of term clean up helps boost the happy hormones:



## Endorphins

There will be lots of laughter as you all remember funny things that happened throughout this term- this will happen naturally as the slide show progresses.



## Serotonin

Everyone will remember how they have been helpful or things they have achieved. The end of term tidy up helps to nurture a sense of belonging.



## Oxytocin

The end of term clean up is a chance to do something together as a class alongside time to reflect on shared memories.



## Dopamine

The tidy up allows us time to finish tasks and reflect on challenges we have overcome. When the tidy up is complete everyone in the room will have a burst of dopamine!



# Action for Happiness

The Action For Happiness 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.

Celebrate the 'International Day of Happiness - Happier Together' and connect with others on 20th March 2024. 'We can do more to create a happier and kinder world when we connect with others and unite together.'

'Sign up to join Action for Happiness to get access to fantastic free resources and join a friendly worldwide community which include:

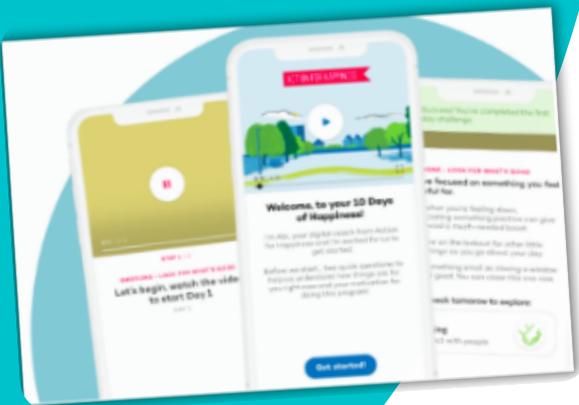
- 10-Day Happiness Challenge
- Action Calendars to Share
- Friendship & Inspiration
- Join Your Local Group

## INTERNATIONAL DAY OF HAPPINESS



## Online Program

'Learn how to be happier! 10 Days of Happiness is a free 10-day online coaching program which guides you through daily actions for happier living.'



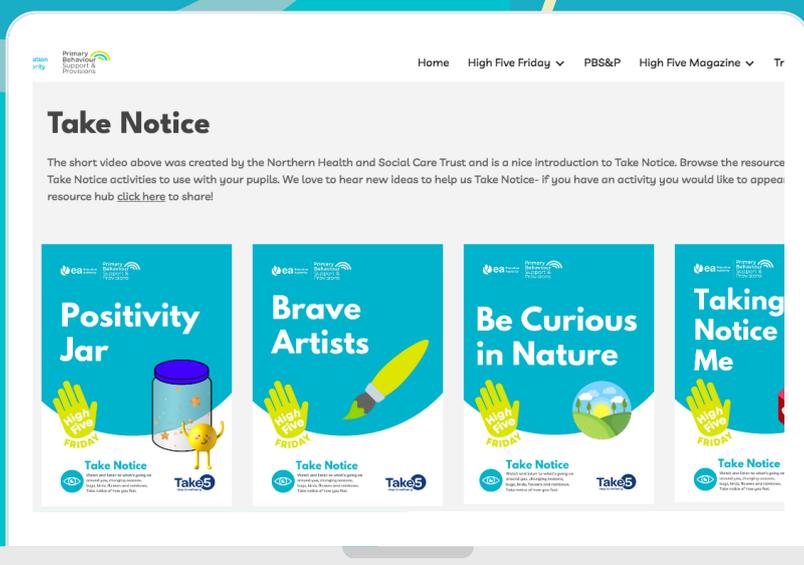
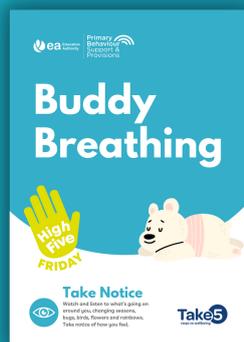
Click here for further information



# High Five Resource Hub

The Primary Behaviour Support & Provisions High Five Resource Hub is now accessible without the need for a C2ken sign-in. The Hub allows access to over 200 resources including:

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



Click on the image above or scan the QR code to visit the hub



# Upcoming PBS&P Training

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



## Supporting Pupils with a Statement for Social, Behavioural and Emotional Wellbeing (SBEW) Needs

08 May, 15 May & 22 May 2024

11:00am - 12:30pm

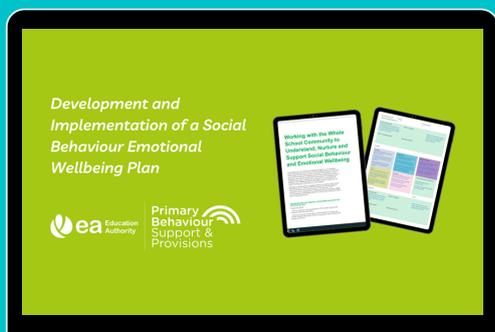
(Participants must attend all sessions)



## Developing a Calm Plan

25 March 2024 2:30pm - 4:15pm

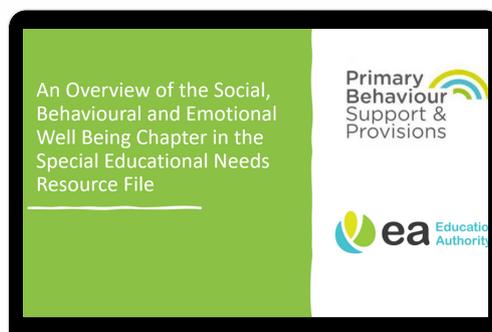
22 April 2024 2:30pm - 4:15pm



## Development and Implementation of a SBEW Plan incorporating the Pupil's Voice

17 May & 24 May 2024 2:30pm - 3:45pm

(Participants must attend both sessions)

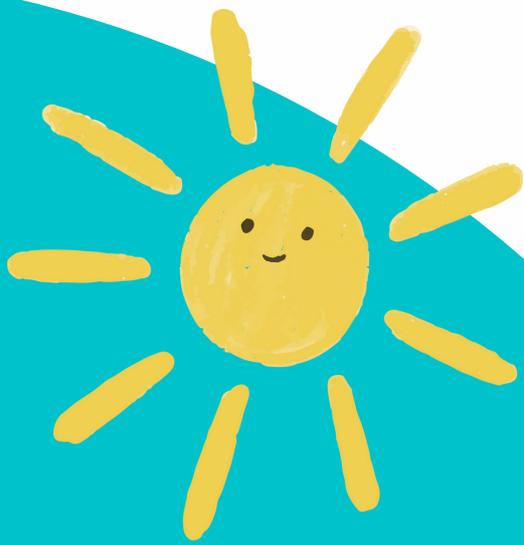


## An Overview of the Social, Behavioural, Emotional & Wellbeing (SBEW) Chapter in the SEN Resource File

02 May & 09 May 2024 2:15pm - 3:45pm

Participants must attend both sessions

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



# Upcoming NASS Training Available



Staff working in PBS&P have worked alongside their colleagues in Nurture Advisory & Support Service to update Circle Time, bringing it in line with current research, nurture principles and Trauma Informed Practice. Click on the images to book a place on this training.

**Connect and Nurture**  
**(CAN)**  
**07 May 2024**  
**2:30pm - 3:30pm**

**Nurture in Five**  
**30 April 2024**  
**Time: 2.30pm - 3.30pm**

**Theraplay Informed Practice -**  
**activities to build attachment**  
**14 May 2024**  
**2:30pm - 3:30pm**

[Click here to access further training information from the Nurture Advisory & Support Service](#)



# 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!



Four dates available!



Click this image to register for one of the available sessions

20 March 2pm - 3:30pm  
22 March 10am - 11:30am  
16 April 2pm-3:30pm  
25 April 2pm-3:30pm

# Telephone Advice & Support Helpline



The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm on: 028 3831 4461. Teachers or school managers requiring advice about a primary or nursery aged pupil not currently known to Primary Behaviour Support and Provisions can call and speak to one of our officers who will share strategies and guidance to help with the situation being described.

There were 1329 calls to the helpline between Sept 2023 & Feb 2024



## TASH Closure

The helpline will be closed on the following dates:

- Monday 18th March
- Thursday 28th March
- Friday 29th March
- Monday 1st April to Friday 5th April inclusive.

If you need to contact us when the helpline is closed you can email: [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



## Behaviour Support - Primary Support for children who have social, behavioural, emotional and wellbeing needs.

The Primary Behaviour Support & Provisions (PBS&P) Service supports the personal, social and educational development of pupils with a Special Educational Need (SEN) arising from social, behavioural, emotional and wellbeing needs.

We do so by working together in partnership with children, educational staff, parents and carers and other professionals.

We provide support for children in pre-school settings, primary schools, learning support centres and special schools, as well as information, advice, training and guidance to families, carers and educational setting staff.

Scan the QR Code for information on the following areas



### How to access Primary Behaviour Support

How to get support for a child or young person.



### Behaviour Support for a child

Find out about the support available for your child or young person.



### Information for Schools Primary Behaviour Support

Find out about the support available to educational settings.



### About the Primary Behaviour Support and Provisions Service

General information about the Primary Behaviour Support and Provisions Service and who they work with.



### Useful Resources and Links - Primary Behaviour Support

Information and resources for school staff and parents in supporting children and young people.

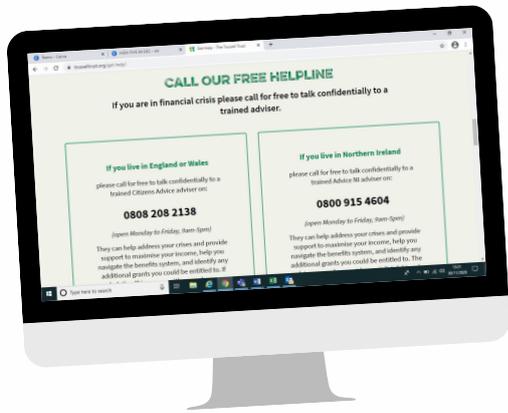


### Contact Primary Behaviour Support & Provisions Service

If you have queries or need advice, guidance or support contact us.

# 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.

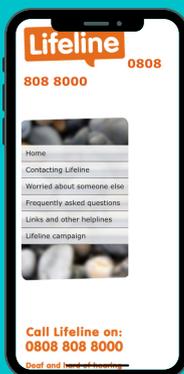


Scan the QR Code

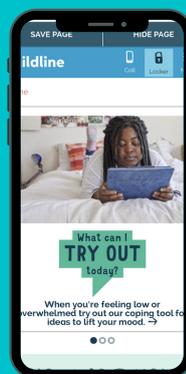
The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



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.