

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

Issue 23: Friday 07 May 2021

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.

When we think about learning, we usually think about school but one of the best ways to learn can be done anywhere. Asking questions and wondering about things helps us to learn. Albert Einstein, one of history's greatest minds once said, "I have no special talent. I am only passionately curious." What he meant is that the knowledge that he had learned came from his ability to ask questions and to search for the answers to these questions. This week, our focus in High Five is to Be Curious - ask questions and search for answers!

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.**

Free training

Beacon House have free training available to anyone working in education throughout the month of May.

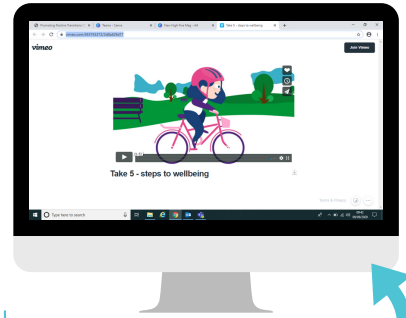
This seminar will cover:

- The impact of Covid-19 on all pupils with a special focus on trauma, loss and transition
- The additional impact of Covid-19 on vulnerable pupils, particularly those with earlier trauma and attachment disruptions
- Principles of engagement – how all staff can relate to pupils in a way which enables them to engage with learning and relationships.
- Practical strategies – what all staff can do to support pupils transition back into the school environment, and begin to thrive again
- The module will also include a range of bespoke resources



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 Curious

St Clare's Abbey P.S. in Newry helped us with their ideas about how to Be Curious.

Curiosity is what drives us to learn new things, and in St Clare's Abbey we are constantly pursuing new learning. Developing this innate curiosity helps children to be willing and able to grow, learn and question what is around them, developing their creativity and imagination. We strongly believe that children are naturally curious and are always actively looking to explore and discover new things.

With this in mind, we pride ourselves that every single day, our children come through the door eager to learn and discover new experiences and we present them with avenues to fulfil this desire.



- 1 Question everything!**
- 2 Try a different way**
- 3 Do something new**
- 4 Turn learning into a game**
- 5 Wonder aloud**



"We try to make our learning as fun and enjoyable as possible. By turning teaching and learning in to a series of games, our children become more engaged, interested and curious to learn."

Mr Digney, P5.



Even adults can keep learning when they remember to be curious. The staff at St Clare's Abbey P.S. have some inspiring ideas for how to be curious in their adult lives.

"Our approach to learning gives children the freedom to become totally immersed in play and allows their natural curiosity to be satisfied. Children revel in the challenge, experimenting with ways of lifting, moving and connecting resources to complete challenges. We often observe perseverance and cries of excitement when a child works out a solution." Mrs Keenan, P2.

1 Question everything!

"Wait, did something move in there? I'm going to investigate!"



"How could we dig a big hole? I know! We'll use some sticks to help!"



"What is this strange creature?"



We use the outdoors a lot, including our forest area to engage our curiosity; exploring trees and bushes, looking under rocks, digging holes and taking part in a wide variety of 'Forest School' lessons. Mr Byrne, P4.

"How can we help everyone to climb this hill? Let's tie a rope and use it to climb!"



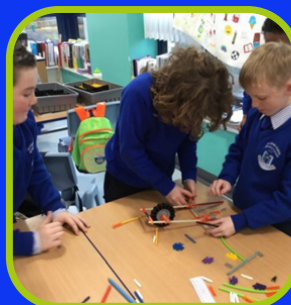
2 Try a different way



"There has got to be a different way of making this tower. What if we tied these bands together, would that work?"

"We try to choose topics that will lend themselves towards creativity or 'thinking outside the box' and pique the interest of our children. STEM challenges are particularly good for this and allow our children's curiosity and sense of adventure to kick in." Mrs McVeigh, P6.

We need to make a moving vehicle but we only have these materials. The first way wasn't working, let's think and try a different way."



3 Do something new



"We had never made a smoothie before. We didn't know what was in one so we looked up how to make it and we gave it a go, it was delicious."

Anna and Evie, P2 and P5



"I had seen people cooking outside and wanted to know how they did it. I gave it a go with my sister. It was brilliant!"

Cooking s'mores with the heat of the Sun in our solar ovens was fun! Who knew you could cook outside without a fire?



4 Turn learning into a game



"This is fun. We came up with different ways to give instructions, experimenting and trying new techniques."

5 Wonder aloud



"I **wonder** how high I could build this tower? Would it be safe? Let's find out."



"I **wonder** if mixing these colours will make red?"



"I **wonder** if this hammer will be able to make the nails go through the cardboard?"



"I **wonder** how I could catch the water coming out? We will need to work together."

Play some fun games with friends

These games will help you to stop, focus, think, plan and remember, and these are all great skills that we all need to use every single day.

I went shopping...

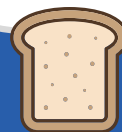


The aim of the game is to remember as many items purchased at the shops as possible! To play, the first player starts the game by saying, "I went shopping and bought a _____," saying an item they would buy. The second player continues, "I went shopping and bought a (names the first player's item) and a ____ (adding a new item to the list)." Players continue taking turns to remember the items purchased in order as the list gets longer and longer.

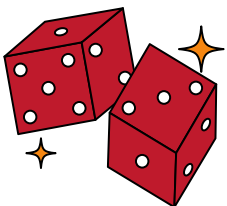
'I went to the shop
and I bought
an apple'



'I went to the shop
and I bought an apple
and bread'



The Dice Game



Roll a dice with friends and give an answer depending on which number the dice lands on.

1. What do you like about the weather?
2. Name a movie you like
3. Tell me about a time that you laughed a lot
4. Who is your favourite cartoon character?
5. What is your favourite book?
6. What made you feel happy today?



Can you think
of any different
things you
could ask?

Take Notice

Be Curious in Nature

As the weather begins to get warmer, now is the perfect time to get out into nature and be curious about all the things you can see and do. You could try some of these ideas...



Look at a cloud and say what you think it looks like. Does it look like a plane or is it a dinosaur?

Lift up a piece of wood or a rock and see what you can find underneath it



Blow some bubbles and see how far they go into the sky

Count how many different colours of flowers you can see



Splash in a big puddle...don't forget your wellies!



Make a wish on a dandelion



Where do you prefer to spend your free time?



At home or
in your garden?



At the park?



At the seaside?



In the town or close
to where you live?

What if...?



"What if I walked away instead of getting annoyed?"

"What if dinosaurs still existed?"



When we ask "What if...?" it helps us to think about things differently.

Sometimes this can really help us with a problem and sometimes it can just be fun to think about!



"What if I had a whole day of smiling at everyone?"

"What if people had 8 legs like an Octopus?"



Have some fun playing "What If..." with your friends. Maybe you could draw a picture of your ideas!



"I am curious to learn new languages and am currently learning Irish. Bíodh lá maith agat (Have a great day)."

Miss Mackin, P1.

In our last issue we read the stories about different ways to give a hug without touching! In this issue Mrs Millar, who works in Leagreen EOTAS, is giving us step by step instructions on how to make our own "hug" to give to someone!

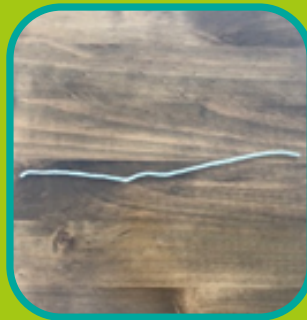


You will need:

Wool, a fork and sharp scissors. I find the thicker the wool the better.

Step One

Cut a length of wool and place the wool between the prongs of the fork.



Step Two

Begin to wrap the wool around the fork evenly, once you have the thickness you prefer, cut the wool. Hold in place and use the length of wool to bring together the pompom, knotting tightly (this bit is tricky, ask someone to help you).



Keep reading for more instructions





Step Three

Once knotted slide wool off the fork, if you think it is still too loose, wrap the remaining wool around once more and knot again.

Step Four

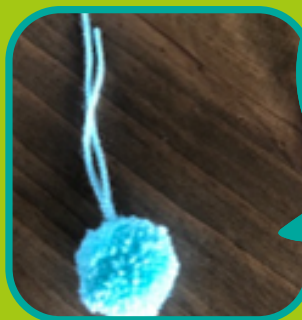
Pick up your scissors (remember if you need help, ask) and begin to cut along the edge, cutting through all the layers of wool. Take your time, there is no rush.



Step Five

You will still need your scissors to trim the pom-pom, but first place newspaper or a sheet of paper on the table, this will catch all the excess wool.

**Finished
"hugs"**



Who will you
give your
"hug" to?

"I love experimenting and trying new recipes. This was a loaf of wheaten bread that I baked, I had never tried making it before, but it turned out really well."

Mrs Gallagher, Nursery



5-4-3-2-1

5-4-3-2-1 is a simple game, ask your friends to stand up and a leader asks them to do five different movements from 5 to 1. The leader might say...

5

Do five jumping jacks



4

Spin around 4 times



3

Hop on one foot three times



2

Walk all the way around the classroom or playground twice



1

Touch your toes



In between each task remember to give your friends time to do the activity. Can you think of other instructions you could give?

PBSP Inbox

Staff and students at St Clare's Abbey P.S. have been using the Take5 steps to Wellbeing



Send pics of your school enjoying you Take5 steps to the email address at the bottom of this page.

Tell us your High Five news at
primarybsp.enquiries@eani.org.uk



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

Being Curious with your child



Show them the world

Go on trips and adventures- camping, museums, parks, beaches, etc.



Follow their lead

Being curious about the things that interest your child gives an opportunity to start a conversation with them about the topic. Let your child teach you and find out more together.

Create a relaxed time to reflect together

Tell them about your day and show an interest in theirs.

Wonder aloud and be curious about certain times when they showed upset e.g. I wonder why you didn't like going into the shop and got upset ?

I wonder if it's because you feel it's very boring /busy?

Allow time and space to process thoughts / feelings.



Understanding Behaviour

Click on this link and you will find 10 bitesize videos to help you understand your child's behaviour through the lens of temperament.

"In this series introduction, Mary Gordon unpacks your child's temperament traits and describes how your own temperament traits impact the way you relate to your child, giving you another lens on parenting" Roots of Empathy



Click here

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

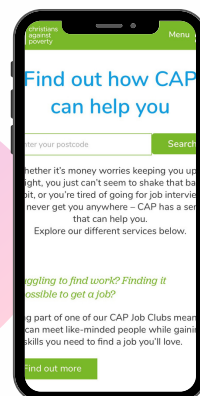
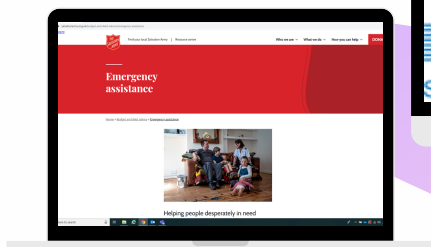
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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



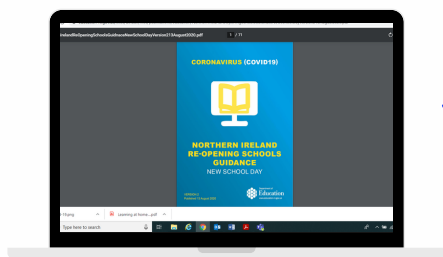
Childline



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 Re-Opening Schools Guidance

Find information on the Department of Education's Education Restart Programme here.



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.

