

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

Issue 39: Friday 11 MARCH 2022

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. Our theme this week is to Be Content. Even when things aren't going the way we had planned, we can still find things that are good enough. By thinking of all the little things that we are thankful for, we can help ourselves to feel content. In this issue, the Primary EOTAS Centres share lots of great ideas for how to be the best you can be at Being Content.

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 Friday in Your School

Has your school been having a go at High Five Friday?

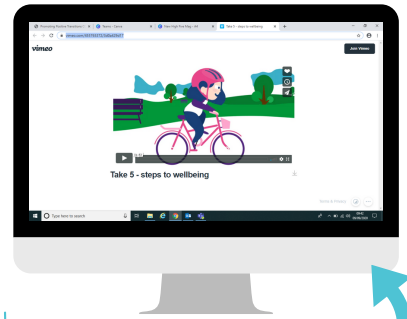
Make sure to tell us all about the activities you are doing to Take 5, by sending us your ideas, photos and activities to:

primarybsp.enquiries@eani.org.uk



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

Ways to Feel Content

Our theme of this issue is to 'Be Content'. Being content means feeling grateful and acceptance for the way things are right now. Gratitude helps us focus on what is good in our life. It is important to focus on the positives of today rather than worrying about the past or the future. Here are some ways to help us to feel content...

Think about all the things that make you smile. It could be spending time with the people at home, walking in nature or learning something new.

Today I smiled when...



Be thankful for the positive experiences every day. Write your thoughts down in a journal. When you find yourself unhappy, take a moment to look in your journal and think about all the good things in your life.

When you find yourself unhappy with someone or something, pause. Take a deep breath and remind yourself to keep positive and try to look on the bright side of any situation.



Show other people that you appreciate them. When we give to others and spread a little kindness it makes us feel better and helps us to feel content.



Don't forget to share your 'Wow' moments with others.

WOW!
I am proud of...

Be Content

Our 'Tree of Thanks'

Being grateful is the best way to feel content. Can you think of some of the people or things that you feel grateful for? It could be at home, in school or in your local community.



Can you think of some of things that you are thankful for to write on the other leaves of our 'Tree of Thanks'?

Connect

People Who Care for Us

When we think about the people who care about us, it helps us to feel happy and content with the good things in our lives.

In Fir Trees EOTAS, pupils made trees where the leaves show all the people who care about them. When they are not feeling happy, they can look at their trees and remember how many lovely people care about them!



Mindfulness Matters



There are lots of useful mindfulness activities to try that can help us to slow down and take notice of how we are feeling. Why not give one of these ideas a go?

Deep Breathing

These are some examples of exercises that help children learn deep breathing.

1. Blow bubbles
2. Blow a pinwheel
3. Place pieces of cotton on a flat surface and blow on them to move them along.
4. Ask your child to pretend to smell a flower / pretend to blow out a candle.



Make a rainmaker

Step 1:

Grab a paper towel roll. Then, cut out a circle from a paper bag that's slightly larger than the circumference of your paper towel roll. Trace the paper towel roll in the middle of your circle. Then, cut out about 4 equally spaced slits from the edge of the circle to your traced circle.



Step 2:

Fold up your paper bag circle over your cardboard roll. Use masking tape to attach your circle to your cardboard tube and seal off an end.



Step 3:

Pull out a box of aluminum foil. Rip out a sheet of foil that's about 3x as long your tube. Scrunch the aluminum foil into a long snake. Then, fold it to and fro, creating a bunch of kinks. (This will slow down the fall of your rice and corn to make it sound more like a real rain stick!) When you're done, stick it into your tube!



Step 4:

Mix up some dry rice. (We poured out way too much and ended up only using about 1/2 of this amount.)



Step 5:

Pour your rice mixture into your cardboard tube. Then, seal the other end following the same directions found in steps 1 and 2.



Step 6:

Now it's time to decorate your rainmaker! Cut out a piece of paper that will cover your cardboard tube. Then, doodle out a design!



Step 7:

Finally tape your artwork around our tube. Then voila!



Take Notice



Interviews with People who Help Us



Some of the pupils from Little Oaks EOTAS interviewed Louis who delivers the lunches to their centre.

Tell us a little about your job

My Name is Louis. I work as a taxi driver and take people to different places.



What is your favourite part of your job?

Meeting people and going home at the end of the day.

How do you like to Take 5 at the weekends?



Connect



I go to see my grandchildren

Be Active



I go walking on the beach with my grandchildren

Keep Learning



I read the newspaper and watch the news on the television



I take photos of my grandchildren

Take Notice



I give pocket money to my grandchildren

Give



Be Active

Pupils and staff of Thornberry EOTAS shared their ideas for staying active in all seasons.



Making snow angels



Can't decide whether to chalk or play unihoc!



Forest visits - playing 'hide and seek' in the leaves...

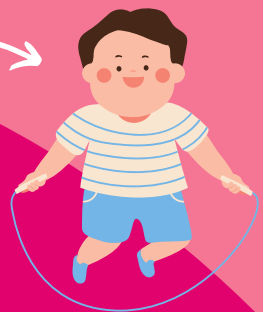


...or collecting the colours of Spring on a nature walk!



We stay active indoors by doing mindfulness and yoga poses!

Click here for some ideas from Cosmic Kids Yoga!



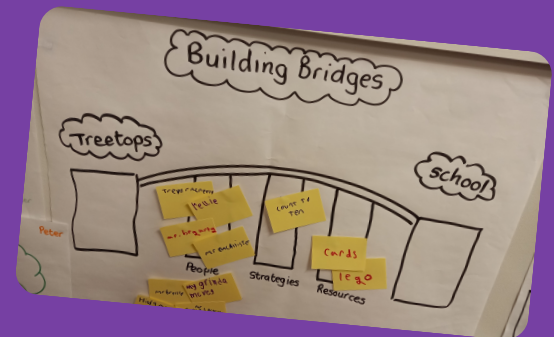
Keep Learning

Building Bridges



As part of their reintegration programme, the KS2 pupils at Treetops EOTAS were building bridges to help them identify the people, resources and strategies that would help with their move back to their own schools.

First, they took on the challenge of planning and building a bridge. They tested the strength of their bridges using piles of dictionaries and quickly realised that support was key to make the bridge stay strong under pressure. After adding pillars to support their bridges, the boys thought about the pillars in their own lives. They talked about people who support them in their own school and at home, and helpful strategies and skills that they have learned in Treetops.



'We are all so proud of our KS2 boys. We wish them luck and know they will try to be the best that they can be.'
- Mrs McShane

Happy Graduation Day!



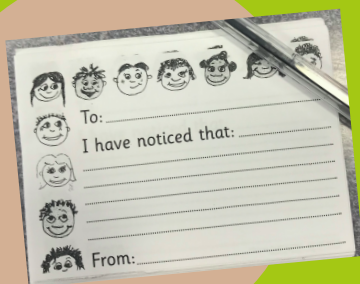
Give



Compliment Box

At Tamnamore EOTAS we use our 'Compliment Box' to GIVE compliments to each other. A compliment is when we tell someone the good things that we have noticed about them.

All of the children and the grown ups love to write and post compliments for each other.



Can you think of someone you could write a compliment slip for?



To: _____

I have noticed that: _____

From: _____

We each keep our compliments in little books so that we can look at them whenever we like. Getting compliments from each other helps us to feel connected, happy and content.



"To Cathal McP,
I have noticed that
you are my best friend
because you like
playing with me"
from Evren

"Mrs Mallon, I have noticed
that you are lovely and
have a big heart"
from Corinne

"To Evren,
I have noticed that you
have been kind when I'm
upset. That shows you are
kind and really nice"
from Alens



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

Be Content

Try these bitesize tips to Inspire, Challenge and Support your young people to be the best they can be.



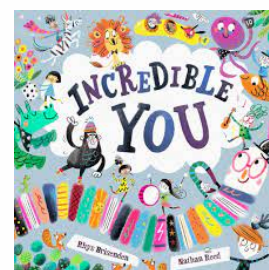
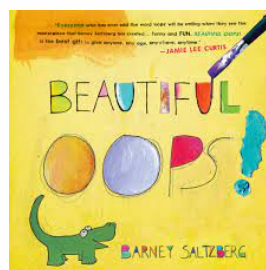
Inspire...



Share a Story

Sharing and discussing stories which focus on being content with our own special talents and strengths can be a great way to encourage your child to feel content and confident in themselves.

Click on the book covers to listen to these stories which teach that mistakes are okay and that we should be proud to be ourselves.

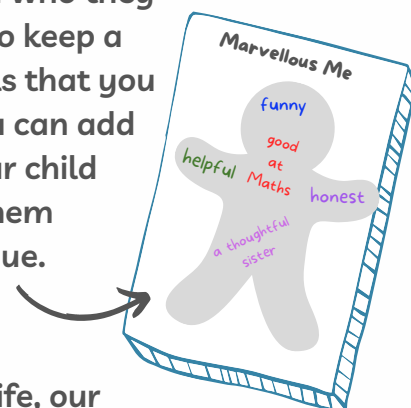


Support...



Marvellous Me...

Celebrating our little people's skills and successes helps them to build self-esteem and feel content in who they are. Creating a 'Marvellous Me' allows you to keep a visual record all of the special traits and skills that you have noticed about your child. Each day, you can add new words and you could look back with your child at all of the words you've added to remind them of the skills and traits which make them unique.



Challenge...



Daily Gratitude

When we are grateful for the little things in life, our feelings of contentment grow. Each day, challenge your child to think of one thing that they are thankful for and share one thing that you are grateful for too.

You could do this around the dinner table, during a car journey or as part of your child's bedtime routine. As you practise this together each day, you could try to list two or even three things that you are thankful for.



Click here to explore advice and videos available on the World Book Day 'Share a Story Corner'

Be Content



Tons of teddies!

Gather up all the teddies and soft toys in your house - are there a lot of them?

Try one of these ideas with all your teddies:

- Read them your favourite story
- Take them outside on a nice day for a teddy bears' picnic
- Set up a classroom for them and have a go at being the teacher!
- Have a teddy Sports Day - teddies can take part or they can be the prizes for your family!



Look at all the teddies you have gathered. Are there any who have been a little bit lost and maybe haven't been played with for a while? Maybe you could give one to a charity shop so another little girl or boy can have a teddy to cuddle and play with.

Sharing our good fortune with people who are not so lucky can help us to recognise and be content with the good things in our own lives.

Inspire...



Support...



Challenge...



" Contentment is not the fulfillment of what you **want** but the realization of what you **already have**."

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.



Ice-cream and Jelly

Say, "ice-cream" have the child say, "jelly" in just the same way. Repeat 5-10 times, varying loudness and intonation.

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.



Blow me over

Sit facing the child and, holding hands (you can cradle a younger child in your lap), have child "blow you over." Fall back as the child blows. Once the child understands the game, you can blow over.

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 Palm

Sprinkle some powder in the child's palm and partially rub it in so that the lines on the palm stand out, notice shapes and letters. Also rub into parent's palm; look for differences and similarities between the child's and the parent's palms.

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.



Balloon Tennis

Keep balloon in the air using specified body parts, for example, heads, hands, no hands, shoulders. If you choose feet, everyone lies on the floor and keeps the balloon in the air by kicking it gently. To create more structure and focus, choose a goal for how long you can keep it in the air, for example "Let's see if we can count to twenty."

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

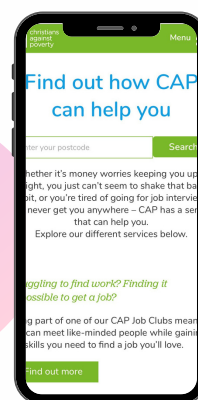
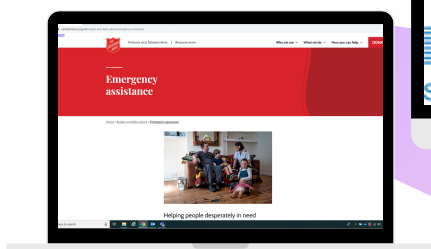
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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.



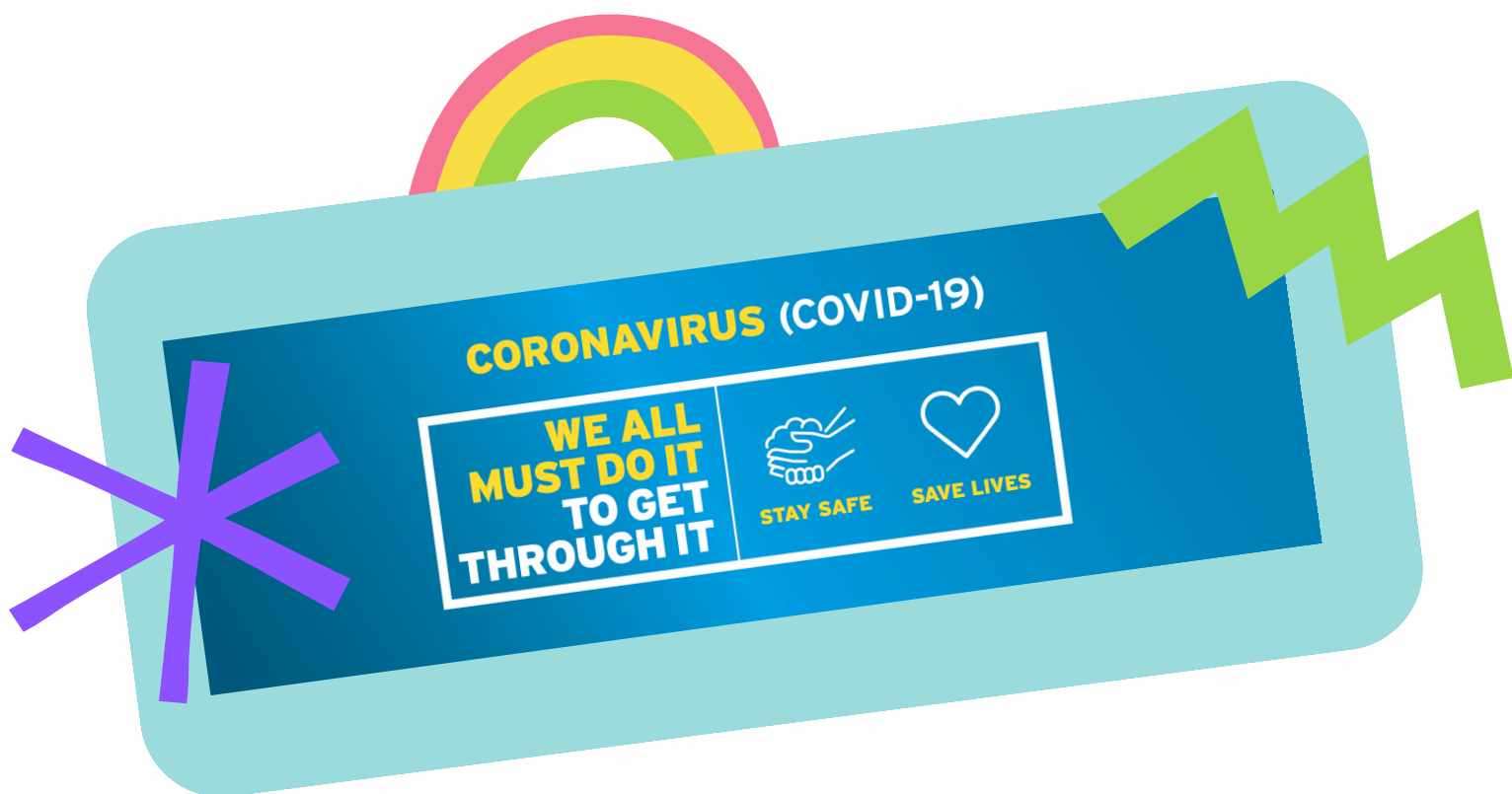
Lifeline

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 Coronavirus Guidance for Schools



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.](#)

