

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

Issue 35: Friday 14 JANUARY 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 Thankful. When we take a moment to notice all the things in our lives we can be thankful for, it helps us to feel happier and more content, even if things are not going our way. We can be thankful for big things like a job, a great present or a new house, but we can also be thankful for the little things like nice weather for a walk, connecting with a friend or even the smell of fresh bedsheets!

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.**

Over to You

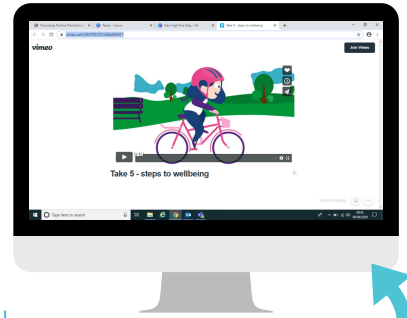
Has your school been having a go at High Five Friday?

Make sure to tell us all about the activities you are doing to Take 5



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 Thankful

We have all hopefully enjoyed a fun-filled festive season. As we get our brains and bodies back into learning mode, let's take a moment to think about what we are thankful for from the Christmas holidays.

Some of our High Five team have shared the reasons they feel thankful this month.

I'm thankful that I was able to go to Scotland to see family after a very long time away



I'm thankful that I got to see all my family this Christmas



I'm thankful for time spent with family, friends and furry friends like my friend's new puppy, Beau



My dog, Archie is thankful for all the presents that he had fun tearing open!



Be the Best Class We Can Be!

In January it is common for people to make a new years resolution- it's a time for a fresh start! In this issue we want to inspire your class to take on a new challenge together. Follow these instructions and let us know how you get on at primarybsp.enquiries@eani.org.uk



Inspire!

First we need to be inspired to be the best we can be! Let's start with our class. What kind of class do we want to be?



We want to be aware of others

We want to be problem solvers

We want to be confident




Work together - make a list of all your ideas.

Turn over for the next step





Inspire!




We want to be...

brave happy curious

safe caring creative

confident hopeful thankful



Have a look at the list you have come up with. These are great things to work on! Now agree where to start- pick one for your class to take on as a challenge!

Turn over for
the next step





Support!

Now we have our class challenge we ask the question- what would help? First we think of things we can try together and then we think of things we can do to support each other.

We want to be...

confident

We will try to...

- Have a go at new things!
- Ask for help if we need it

Keep it simple- three good ideas is enough!

We will support each other...

- Help our friends if they are not sure what to do
- Encourage each other

Adults can support us...

- Show us an example of what they want to see
- Be patient if we get things wrong

Turn over for more



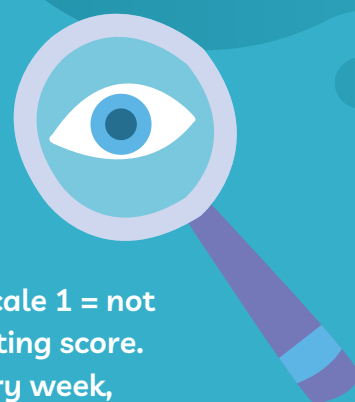


Challenge!

New learning is always tricky and change won't happen straight away- but there are always small wins to notice and be thankful for. Train yourself to take notice of the small changes! Use the 1-10 scale to track your progress with the class challenge...

1 2 3 4 5 6 7 8 9 10

In the example class plan our challenge is to be confident. So on our scale 1 = not very confident and 10 = extremely confident. Take notice of your starting score. Decide how often you would like to take notice of this- every day, every week, every two weeks? When you look at the scale again ask these questions to help you take notice. You could keep a note in your learning journal!



Great! Now that you have a class plan to be the best you can be the next step is to make it happen! It won't be easy but that's what makes it a challenge!

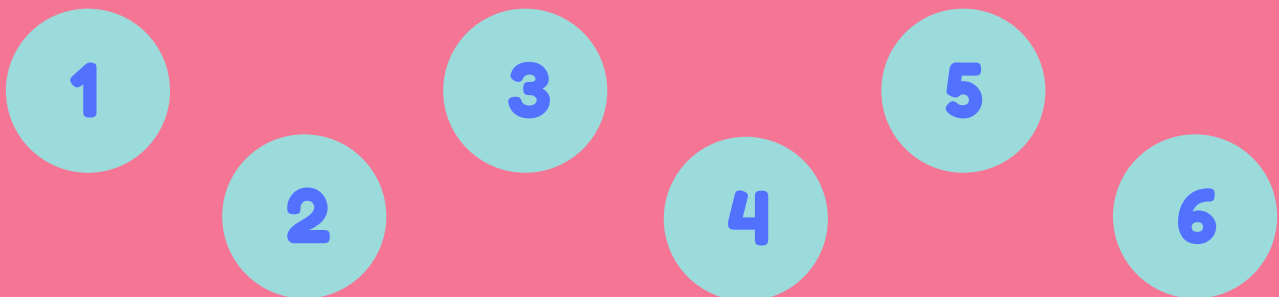
What did you try? Did it help?

What would help us move one more step up the scale?

Is there a time in the week when you usually have a higher number?

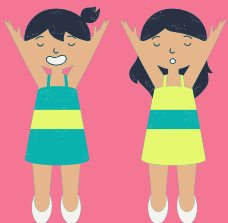
Six Spots Number

Place six number spots around your playground, numbered from 1-6. Each player can go to a spot of their choice. Choose a pupil or adult to roll a die. Everyone at the number rolled on the die must stand out, those left go to a new spot, and the die is rolled again. Keep playing until only one or a few people are left.



Active Dice

Active Dice is a fun game to get your bodies moving! The game involves rolling two dice, one with numbers and one with different parts of the body. You then roll both of the dice and then follow the directions of what is shown on the dice.



If you roll a number 4 and arms you could then have to wave your hands in the air 4 times. Have fun with your friends by thinking of different things you could do.

Click here to download a copy of the 'Active Dice' game cards



Keep Learning

Christmas Memories

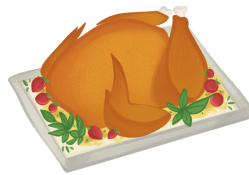
Now we are all back at school, you could share with your class or a friend about your Christmas break and the things you were thankful for. Remember to take turns so everyone gets the chance to share some of their special Christmas memories or what they did for fun with their friends or the people at home.



People I spent time with...



The best thing I had to eat was...



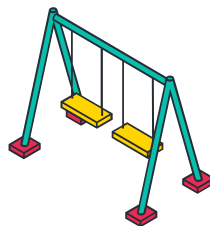
On Christmas Day I...



My favourite Christmas activity was...



Over the Christmas break I went to...



What are you looking forward to most about this year?

2022

WOW!
I am proud of...

Don't forget to share your 'Wow Moments' with the people in school and at home!

This is a good time of year to Be Thankful for the kindness of our friends and family over the Christmas period. Write a letter to somebody, thanking them for a gift they gave you or something nice they did that you appreciate.



Writing an informal letter

(Informal means you are writing to somebody you know well)

Write your name, address and the date at the top of your page on the right hand side

Start your letter by saying who you are writing to

Lucy Smith
Letterhead Road
Thanksville
BT56 4EB

3rd January 2022

Dear Auntie Sarah,

I hope you are feeling better. We missed seeing you on Christmas Day.

Thank you so much for the lovely present that you sent. How did you know which Harry Potter book I wanted? I started to read it as soon as it arrived and I'm already on Chapter 5. Mum says I have spent more time reading this Christmas than watching TV, but I think that's a good thing.

Did you have a nice Christmas? If you're bored at home, you can write to me and I'll write back. I can't wait to see you again soon!

Lots of love,
Lucy

In the main body of the letter, write the things you want to say to the person. It might help to imagine that you are speaking to them and think about what you would tell them face-to-face.

Finish by signing your name on a line by itself



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 Thankful

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



Inspire...



- Gather inspirational quotes about thankfulness that reflect and resonate with us.
- Create your very own gratitude jar to express how thankful you are for certain people or things in your life. This could be made using a clear jar, coloured paper, scissors and a marker. Think about all you are thankful for in your life – some examples are: Family members, sporting team, X-Box, friends, pets or hobbies. You could also show thankfulness for things we sometimes take for granted such as – Wi-Fi, heating, clothing and glasses, to name a few.
- Model and stress the importance of saying "thank you" when someone has done something for us eg. mum made you dinner, someone held the door for you, a person sold you something in shop etc.

Support...



Think about who are important people in your life (for example: Parents/ Guardians). How could you show these people how thankful you are to have them in your life? This does not have to involve buying a gift; it can be done very simply. You could show thankfulness by:

- Writing a letter/ card
- Doing a small act of kindness like helping with the dishes.
- You could even offer to do an unpleasant task such as taking out the rubbish or helping fold washing!

Small acts like this will mean a lot to the important people in your life. We can all do little acts to show thankfulness and support, you never know who you will inspire to follow suit.

Challenge...



- Set a daily challenge of finding 3 things we are thankful/grateful for in our lives.
- Each night before you go to sleep reflect on 3 things you are thankful for that day. Remember there are positives in each and every day! It does not have to be a significant event such as 'going to the cinema.' It could be small things that you are thankful for such as: Jumping in muddy puddles, receiving a compliment from your teacher, your family being safe and well or getting to play your favourite game with friends at school.
- Learn about people in history or in our world today who are less fortunate than you
- Find out about other cultures and their celebrations of thankfulness eg. Thanksgiving

"We never lose and if we don't win we learn"
- Nelson Mandela.

Be Thankful

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



Watch Kid President's 25 *Reasons to be Thankful* and try to come up with your own reasons



Orienteering is a fun adventure activity that can be developed in local communities. It's like a treasure hunt that all the family can participate in. It can inspire children to develop problem solving skills / have fun / and work together / over-coming challenges and being thankful to have other people to help.

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

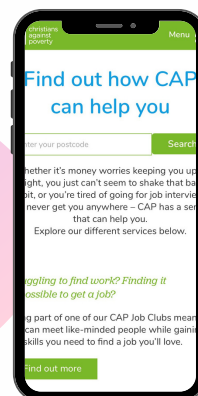
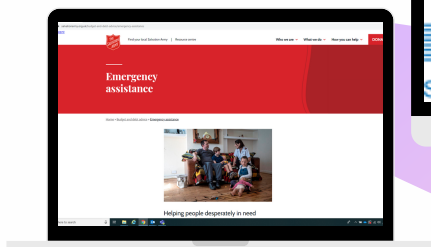
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

The Whitehead Storehouse, located in County Antrim, provides emergency food supplies and certain other help for people who need it in the Whitehead Area.

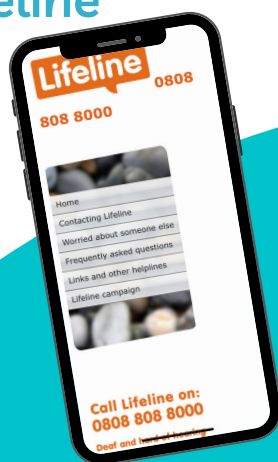


Click here

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



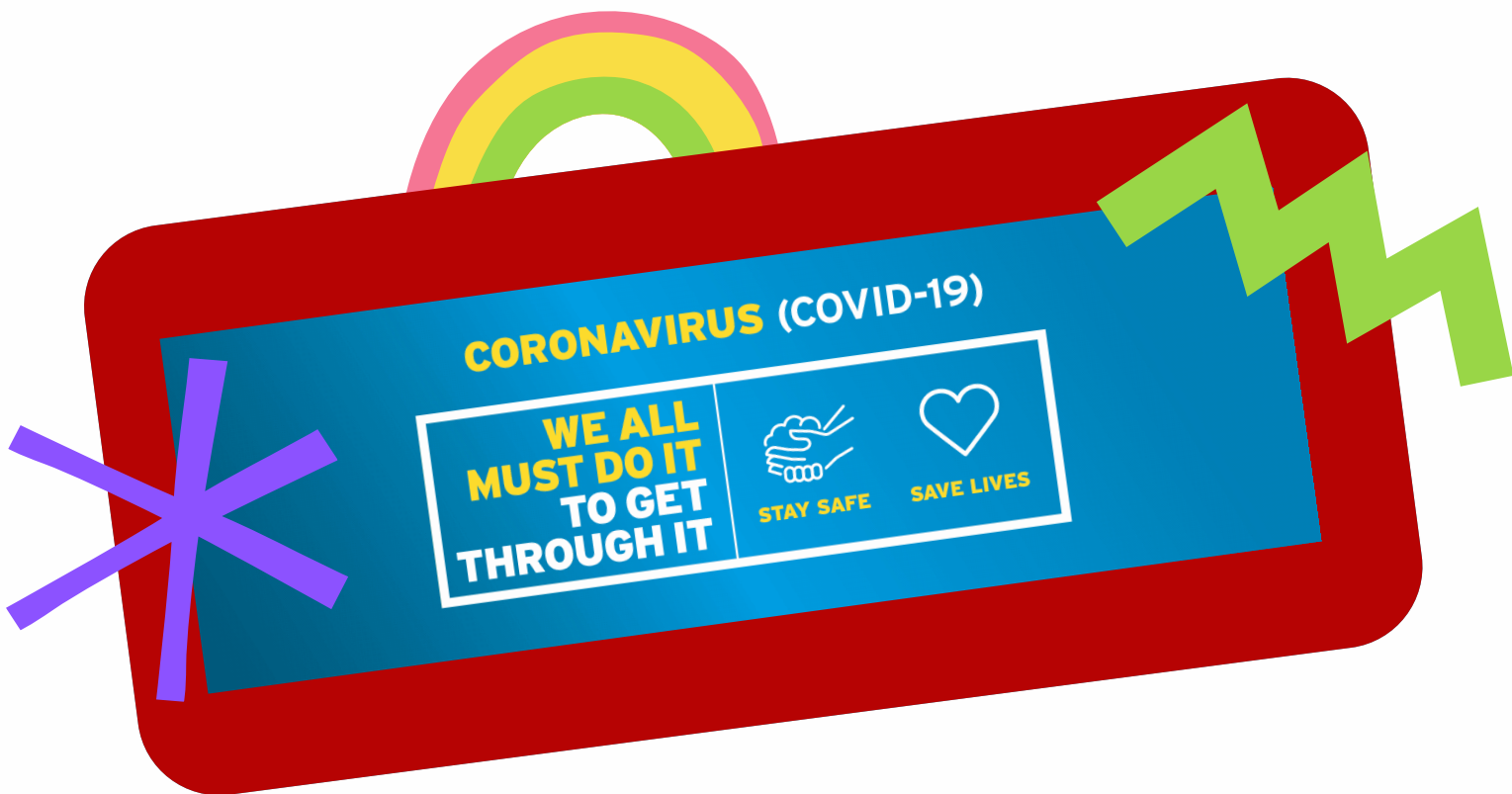
Childline



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



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.](#)

