

Issue 62: Friday 09th June 2023

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 Kind. Be kind to yourself, other people and the world around us. By putting kindness into action you can brighten up someone's day. In this issue there are lots of ideas, what can you do to spread a little kindness?

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.**



KINDNESS

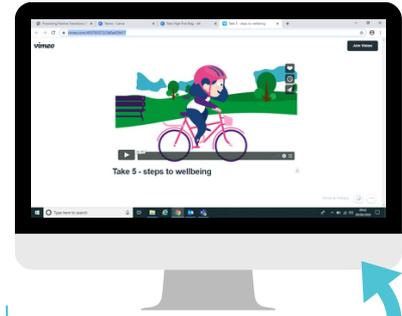
This song shares lots of ways we can show kindness to others.

"Kindness, kindness, oh whenever you find this, you will see the world's a better place. Kindness, kindness, oh whenever you try this, you will bring a smile to someone's face."



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 Kind

5 Top Tips for Kindness

Completing some fun activities in class can help us to think about how we can all spread a little kindness in school, at home and in the community.



Here are 5 ways to learn about kindness in your class and school.



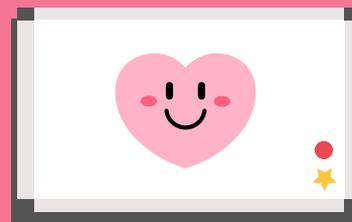
Brainstorm some ideas in the classroom all together or with a partner.



Think of some random acts of kindness.



Create a class Kindness Challenge.



Research kindness. Check out our 'Keep Learning' page for some ideas.



Go to  Keep Learning



'Our Class Positive Reflections.'
At the end of a school day look back on how we have all been kind to each other.

Be Kind

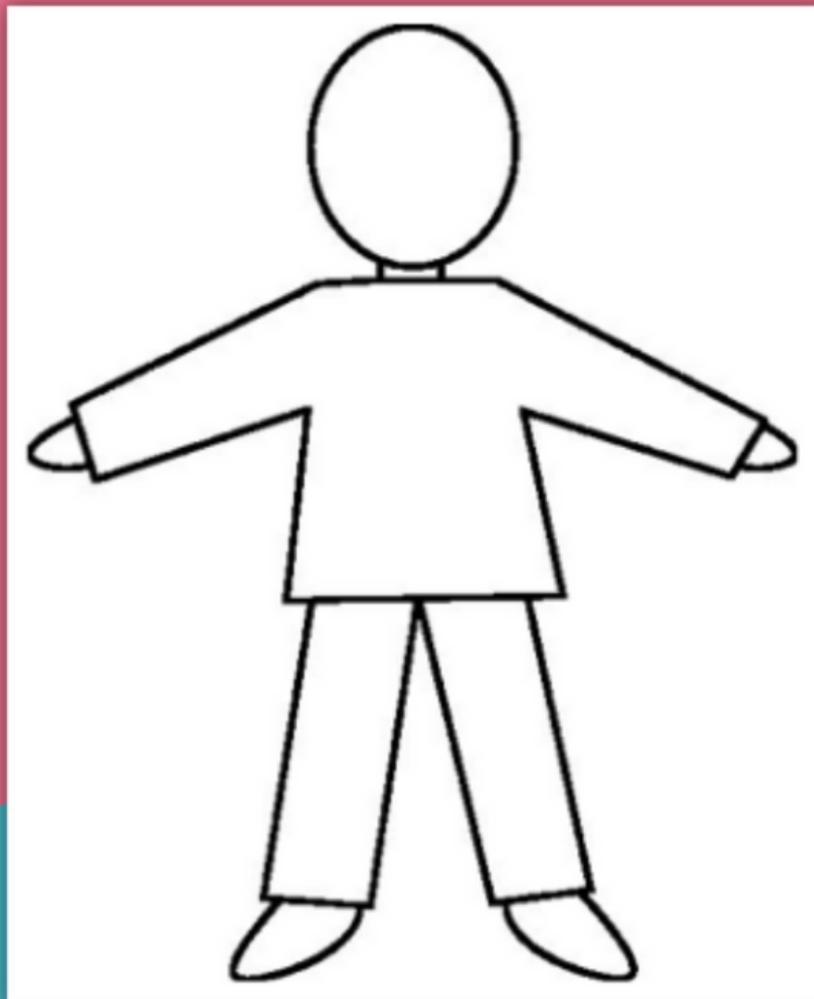
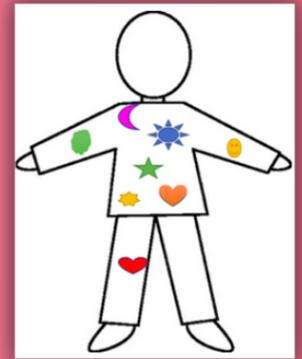
Be a Kindness Wizard



- We can all make kindness magic spells by the things we do and say
- When we use magic kind words with a friend they will find it easier to say kind words to you and others – you will see your magic working
- When you help someone they will usually help someone else – you started the magic kind helping spell
- You can watch what happens when you do magic kind spells and count how many kind magic things the people around you perform after you have made your spell

Kind Words Matter

Say something nice to this person. Add a coloured mark or heart or star on their clothes. When you have said 10 kind things to this person, draw their face.



How do kind words make us feel?



Be Kind to Yourself

It is important to remember that we need to be kind to ourselves and spend some time relaxing. You could try some yoga poses. Here is one to try...



Tree Pose or Vrksasana

- Find your balance on both feet
- Lift one leg and hug your knee into your chest
- Stand tall and strong
- Take your bent leg to the side and place the sole of your foot on the inside of your standing leg. Not on your knee joint, above or below!
- Take your hands into prayer pose in front of your heart or above your head, if you feel stable!
- Say “Namaste!” or “I am Rooted!”

Whilst doing Tree Pose, repeat kind affirmations for yourself. I...

I am
friendly

I am an
amazing person

I am proud
of myself

I try my best!

Be Kind to Others

Spread a little kindness with a friend or someone at home. Sharing kind comments lets people know just how very special they are to you.



It's Cool to Be Kind!



Some great things about you...

Something you are good at...



WOW!
Something you should be proud of...



Be Kind to the Environment

Tips for Being Kind to the Planet



Use a reusable water bottle - by drinking from a reusable bottle, not only will you save money, but you're minimising the amount of waste that goes to landfill sites!



Litter picking - You might be great at putting things in the bin when you're done with them, but other people may not be! Just make sure you wear the right safety equipment.



Conserve Energy - by turning things off when we're not using them, we can save energy and help the environment.



Recycle - Get recycling both in school and at home.



Ride bikes and walk - Whenever you can, walk or ride a bike instead of using the car. If it isn't a long distance, we may as well get there by doing some exercise.

Encourage others - It's so easy to be kind to the environment - and your kindness will hopefully inspire others to help the planet too! But sometimes people need a gentle reminder, so if you see a friend littering or leaving the lights on, why not share your knowledge so they can be kinder too.

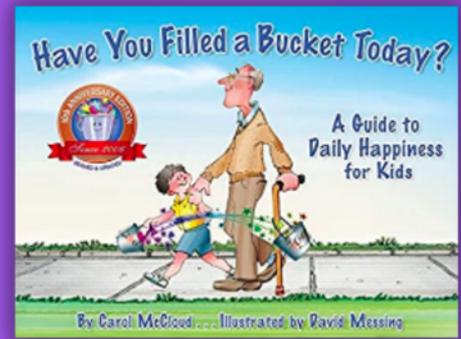


Keep Learning

Being Kind

Have you filled a bucket today? This story shows that everyone carries an invisible bucket that can be filled with compliments and kindness. Can you think of ways to fill your bucket with kindness?

Write them on the stars below...



Click here to read
'Have You Filled a
Bucket Today?'

Be Kind to Animals

There are many ways to be kind to your pets. For starters, give them regular exercise and make sure they always have enough food and water. From our pets that keep us company and make our homes whole to wild animals that we get to observe in their natural environments, all animals deserve our kindness and respect.

In nature, you could encourage animals to both your home and school. The Royal Society for the Prevention of Cruelty to Animals (RSPCA) have shared some creative ways people can work together to encourage wildlife. 'Don't let the size of your outdoor space limit you. Many of these wildlife gardening projects can be set up in the smallest of spots. They'll each make a big difference to your local wildlife community.' Here are some of the ways you could together as a class...



Make an eco bird feeder



Put up bird boxes



Make a butterfly feeder



Plant some pollinating flowers



Click here for more information about these suggestions on the RSPCA website





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



Getting Ready to Learn

Kindness



Kindness begins at home. The traits of kindness do not appear spontaneously in children and need lots of nurturing. The best way to teach kindness is to demonstrate and reinforce it over and over again until kindness becomes the norm. Demonstrate kindness when you are out about so they can watch and imitate you.

Be Kind to Your Child

Even when you are tired and frustrated try to speak in a kind way to your child. Discipline with love, support them and always to be kind. Talk with your child about kindness and how they can show kindness to others.

Use Play

Spark their imagination with a silly game or story. Have a competition to see who can give a nice big, bright smile. Or for older children play the compliment game, where you gather round in a circle to pass a ball. The child with the ball must give a compliment to the person they are throwing the ball to.

Play with them and include situations where you are encouraging them to think how someone else feels. You can use their toys to show acts of kindness. Simple ideas might include a doll with a bump to their head, then ask your child how the doll is feeling and what they could do to make them feel better. For older children you could use their toys to act out tougher situations such as toys being unkind and nasty to each other. How would they want to be treated. What could they do?

Show Kindness to Friends and Family

- Encourage your child to say thank you to those that help them. Notice when they do this and praise and encourage them.
- Talk to your child about what makes them happy or sad. This will help them develop an understanding of their emotions. Can your child notice when others are sad too? Use stories to discuss emotions.
- Find ways to let your child know that different things make people feel better. Some people like hugs, but others don't. Help your child learn that it's OK to ask someone what you can do to help them.



Getting Ready to Learn

Kindness



Show Kindness to Friends and Family

- Point out acts of kindness. If your child helps lay the table you can encourage more of this behaviour by saying, “Thank you for helping me, that’s really kind.”
- Make a kindness scavenger hunt. Write or draw ideas for being kind on paper and stick it up. You could include activities like giving toys and clothes to charity, or donating books to a younger cousin or young neighbour.
- Spend some time making pictures, crafts or baking with your child and deliver them as gifts to friends and relatives.



Kindness at School

- Teach your child to be welcoming and kind to all children. They might like to invite someone to play if they are sitting alone.
- Suggest your child lets someone else play with a toy they’re using. Sharing may not come naturally to them and may just come with time and practice. Young children often find sharing difficult.
- Your child might want to make cards to thank someone who helps them in school e.g. the receptionist, caretaker, assistant or teacher.



Be Kind to the Planet

- Show your child ways to be kind to the planet around your home and garden.
 - Get them to help with recycling
 - Switch lights and gadgets off when not in use
 - Feed wildlife in the garden or local parks
- Donate toys and clothes to charity shops rather than throwing them away.
- Walk instead of using the car. Make it an adventure. Come up with ways to help you child notice nature. You could download a nature scavenger hunt or listen for sounds of nature while you walk
- Make a bug hotel for your garden



Libraries NI

Libraries NI have events and classes catering for all age ranges across Northern Ireland. Below are some examples, click on the images to check out what's taking place in libraries near you!

Lego Club

Lego building fun! Come along to have lego building fun. Fun and creative ideas for things to make and build. Children can boost their problem solving, focus, spatial and social skills.



Storytime Sessions

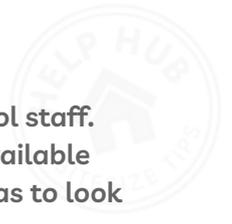
Storytime sessions help children aged 4 - 8 years develop a love of books, improve their listening skills, inspire creativity and feeds their imagination. Library staff read popular books and introduce children to a whole range of different authors.



Mindful Colouring

Mindful Colouring groups are for anyone who wants to explore the world of adult colouring with intricate colouring patterns and designs. They can enhance well-being, help calm the mind and relieve stress through relaxed, meditative colouring in.





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!

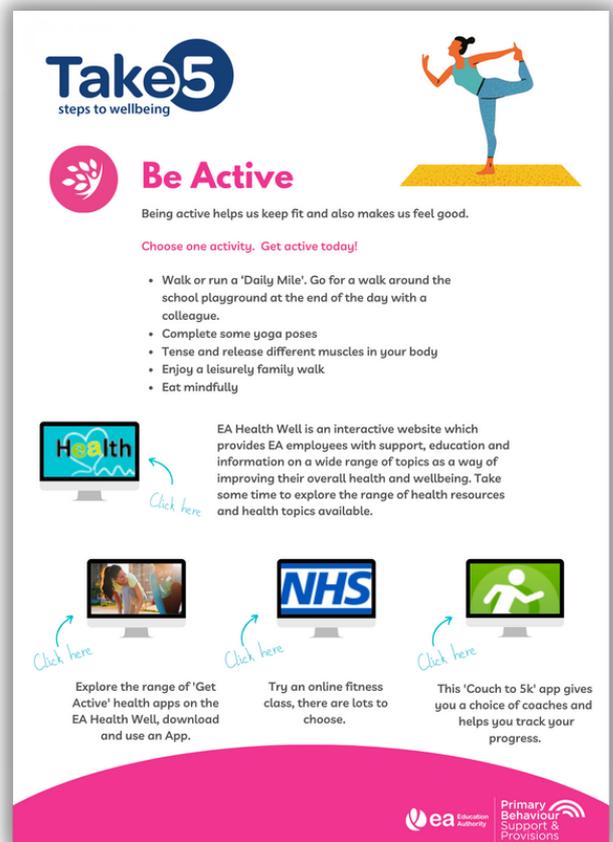


Take 5

As we move into June and our final month of term, it is important for all staff to think about their own wellbeing. PBS&P have created a wellbeing booklet for school staff, linked to each of the areas of Take 5:

- Connect
- Be Active
- Keep Learning
- Take Notice
- Give

The booklet is full of ideas and suggestions for use both in school and at home. Also included are links to the EA Health Well, useful apps, courses and resources.

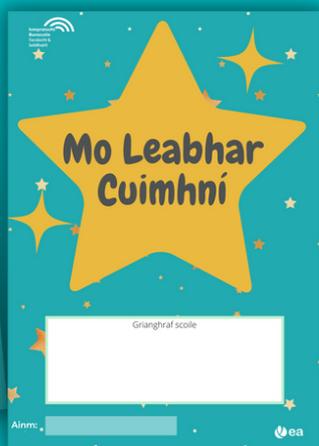


The 'Take 5 For Staff!' booklet can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.



Primary 7 Transition

Primary Behaviour Support & Provisions have developed transition resources to offer pupils the opportunity to reflect on their time at school and support them to get ready to transition to a new school setting, using strategies to promote and support positive wellbeing.



'My Book of Memories' booklet for Primary 7 pupils to reflect on their time in Primary School

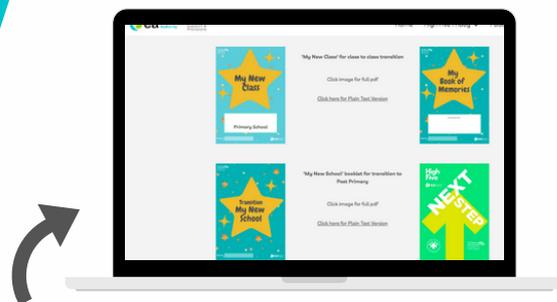


'My New School' booklet for transition to Post Primary



'Next Step' booklet for home for parents/guardians and Primary 7 pupils to work through together

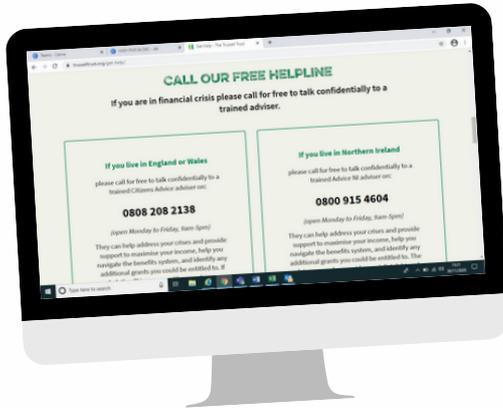
High Five Resource Hub



All of the PBS&P Transition resources can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.

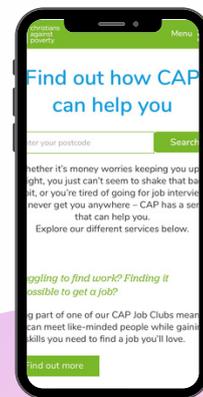
When We Need Support

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.

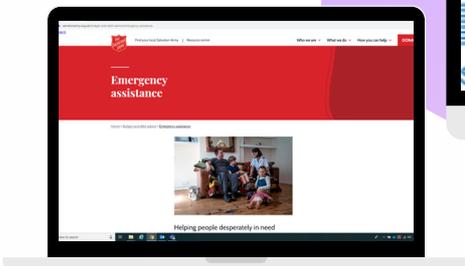
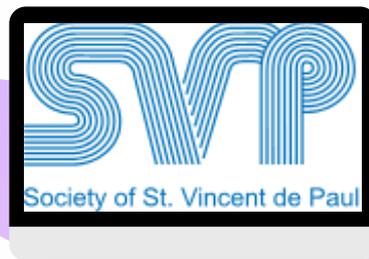


Click here

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.