

## High Five

### Primary Behaviour Support and Provisions

# ISSUE 95: FRIDAY 2<sup>ND</sup> MAY 2025

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

03 Take 5

04 Be The Best You Can Be - Raising Self Awareness

06 Be Active - A Mindful Movement Adventure

07 Connect - What Can Help You...?

08 Take Notice - Mindful Nature Walk

09 Keep Learning - Personal Learning Maps

10 Give - Emotions Wheel

11 PBS&P Inbox - Killowen Primary School, Coleraine

13 Parent Hub - Raising Self Awareness

15 Staff Hub - Playful Learning

16 Staff Hub - High Five Access More

17 Staff Hub - Upcoming PBS&P Training

18 Staff Hub - Upcoming NASS Training

## Inspire, Support, Challenge

Inspire - First, we try to find ways to make you want to be the best you can be.

Support - When you want to be the best you can be we try to help you as you learn and grow.

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.

## Welcome to High Five!

Welcome back to High Five. Our theme in this issue is Raising Self Awareness. Raising self-awareness in children is crucial in helping them understand and manage their feelings effectively. By fostering self-awareness, children can develop better interpersonal skills, leading to healthier relationships and improved decision-making as they grow.

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 [Take 5 Steps to Wellbeing information on the MindingYourHead website](#).

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

For more ideas visit [ea\\_highfive](#) and check out the HF Friday highlights. Follow EA HighFive on instagram

[Click here](#)

## Take 5: Steps to Wellbeing

Watch a short video about [Take 5](#) on the vimeo website.

**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, and 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, and 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.

## Raising Self Awareness

Imagine that self-awareness is like having a special superhero power called 'Mind Mirror'. This power helps you look inside yourself to understand your feelings, thoughts, and actions better.

When you use your Mind Mirror, you can notice how you feel in different situations, like when you're happy, sad, or worried. It also helps you understand why you feel that way. For example, if you're upset because you lost a game, your Mind Mirror might show you that it's okay to feel disappointed, but also remind you that you can try again and have fun.

Being self-aware also means you can see how your actions affect others. It's like being a detective who finds clues about how your words and actions make your friends and family feel. This helps you become kinder and more thoughtful, just like a superhero who spreads positivity and understanding.

So, by practicing self-awareness, you're not only getting to know yourself better but also becoming a better friend and a happier person. It's a power that grows stronger every time you use it, making you feel more confident and ready to face any challenges that come your way!

## Personal Learning Plan

Journaling is like having a special diary where you can write down your thoughts, feelings, and experiences. It's an important tool for raising self-awareness because it helps you understand yourself better. When you write in a journal, you can explore your emotions and figure out why you feel a certain way. It's like having a conversation with yourself!

Create a 'Personal Learning Journal', so you can reflect on your daily learning experiences. At the start of each day, set yourself a personal learning goal, something you are curious about or want to improve.

As the day progresses, you can jot down notes about what you learnt.

- How you felt about it?
- Were there any challenges that you faced?

At the end of the day, gather together in a circle to share highlights from your journals. Think about what you would like to share with others, and also remembering to listen to others as they share. You can discuss what helped us all learn best, showing that we all learn in different ways.

You can become more creative by decorating your journal with drawings or stickers that represent your learning experiences. Your Personal Learning Journal will help you to be more aware of your own learning journey in a creative and reflective way!

- Think of a personal learning goal
- Jot down notes...How did you feel about it? Were there challenges?
- Share highlights & reflect

[Please visit the High Five Journal Hub here](#)

# Be Active

## A Mindful Movement Adventure

‘Mindful Movement Adventure’ combines fun physical exercises with moments of mindfulness to help us become more aware of our bodies, thoughts, and emotions.

Everyone stands in a circle to begin the adventure of pretending to be different animals. Each animal will have its own special movement, and after each movement, we can pause to notice how it makes us feel.

### Begin the adventure...

**Stretching Giraffes:** Reach your arms high above your heads, like a giraffe reaching for leaves on a tall tree. Hold the stretch for a few seconds, then bring your arms down and take a deep breath. Take notice of how your body feels after stretching.

**Bouncing Kangaroos:** Jump up and down like kangaroos, using your energy to bounce around the space. After a minute, everyone stops, closes their eyes, and feel their heartbeat. How do our bodies feel after bouncing?

**Balancing Flamingos:** Try to stand on one leg, like a flamingo. Focus on your balance and concentration. After switching legs, quietly sit down for a moment and think about how we used focus to stay balanced.

**Slow Turtles:** Start by walking slowly, like turtles, paying attention to each step you take. Afterward, sit down and talk about how slowing down made us all feel.

[For more ideas on how to Be Active please see the High Five Resource Hub here](#)

# Connect

## What Can Help You...?

Self-awareness helps you understand your own thoughts, feelings, and actions. When you know yourself well, it's easier to make friends and get along with others.

Imagine being able to recognise when you're feeling happy, sad, or frustrated. This helps you share your feelings with classmates in a clear way, so they can understand you better. Plus, when you know what makes you feel a certain way, you can also understand why your friends might feel that way too.

Being self-aware means you can think before you act. If you notice you're getting upset, you can take a deep breath and choose a kind way to respond. This helps solve problems and keeps everyone happy. It also means knowing your strengths and things you want to improve. By understanding these, you can work on being the best version of yourself and help others do the same. When everyone is kind and understanding, school becomes a place where everyone feels welcome and included.

- What can help you in school if you are feeling sad?
- What can help you in school if you are feeling anxious?
- What can help you in school if you are feeling angry?

You could use some of these ideas...

- Take a deep breath
- Talk to an adult
- Talk to a friend
- Write in your journal
- Draw a picture
- Have some time to think

[For more ideas on how to Connect please see the High Five Resource Hub here](#)

# Take Notice

## Mindful Nature Walk

Take a simple 'Mindful Nature Walk'. This is a different type of walk, taking everything in around you as well as thinking about how it makes you feel. Do you feel connected with nature? Here's how you can do it...

**Start with a Breathing Exercise:** Begin by standing still and taking a few deep breaths. Close your eyes and focus on how the air feels as it enters and leaves your body.

**Engage the Senses:** As you start walking, pay close attention to what you can see, hear, smell, and feel. Silently observe the colours of the leaves, the sound of birds chirping, or the gentle breeze on your skin.

**Pause and Reflect:** Every few minutes, stop and share something you have noticed. This could be the way the sunlight filters through the trees or the pattern on a butterfly's wings.

**Self-Awareness Check-In:** Take notice of how these observations make you feel. Are you feeling calm, happy, or curious?

**Gratitude Moment:** At the end of the walk, gather together in a circle and share one thing that you are grateful for from your 'Mindful Nature Walk'. This will help us to appreciate the environment and each other.

[For more ideas on how to Take Notice please see the High Five Resource Hub here](#)

# Keep Learning

## Personal Learning Maps

A 'Personal Learning Map' helps us to explore our interests and also helps us to understand that everyone has unique ways of learning. Start with a large piece of paper and a variety of coloured markers or crayons.

**Centre Circle:** Draw a circle in the centre of the page and write your name inside it. This represents you and places you at the heart of your learning journey.

**Interest Branches:** From the centre circle, draw branches that represent different areas of interest or subjects you enjoy, such as science, art, music, or sports. Use different colours for each branch to make the map visually engaging.

**Exploration Leaves:** Along each branch, add 'leaves' where you can write specific things that you want to learn or questions you have. For example, under 'science', you might write 'How do volcanoes work?' or 'Learn about space'.

**Strength Stars:** Add stars or other symbols next to areas where you feel confident or skilled, remember to think about all your strengths!

**Challenge Clouds:** Draw clouds next to areas where you feel challenged or want to improve, this will help with an understanding of where you can focus your efforts.

**Reflection:** Once your map is completed, have a class discussion where everyone shares one part of their map. This not only builds self-awareness but also encourages communication and respect for others' interests and learning styles.

[For more ideas on how to Keep Learning please see the High Five Resource Hub here](#)



# Give

## Emotions Wheel

To create the wheel simply draw a large circle on a piece of paper. Then divide the circle into sections, like slices of pizza. In each section, write down a different emotion, such as happy, sad, excited, angry, scared, and calm. You can make as many sections as you like.

Being aware of how we are feeling is important because it helps us to understand and express our emotions in a healthy way. One fun activity to do this, is to make your own 'Emotion Wheel'.

To decorate the circle, colour each section with a different colour. You can also draw faces that represent each emotion.

As a class you could have daily check-Ins. Every day, you could point to or move a clip to the section that best describes how you feel. You can also talk about why you feel that way. In class you could act out certain feelings, which can help us get a better understand of our emotions and how to handle them. Create simple scenarios and you could role-play different ways to express and manage those feelings.

This not only helps us to become more aware of our emotions but also reassures us that we are not alone and that there are always people around who care for us and are ready to offer support.

[For more ideas on how to Give please see the High Five Resource Hub here](#)

## High Five Parent Hub

The Parent Hub is a section especially for the grown up sat 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)

## PBS&P Inbox

### Killowen Primary School, Coleraine

“As part of our World Book Day celebrations, P4 children in Killowen P.S., Coleraine decided to ‘Give’ some of their time to the residents of Killowen House, our local nursing home. We read them stories, shared memories and their hobbies and talked about our World Book Day costumes. Everyone involved had a fantastic, heartfelt morning and we are hoping to return again and give some of our time in the future.”

# Raising Self Awareness

Raising self-awareness in children is a crucial part of their development, in helping children understand their thoughts, emotions, and behaviours, they become more equipped to navigate the complexities of life. This awareness helps them build empathy, make informed decisions, and develop resilience in the face of challenges. Fostering self-awareness in children involves open communication, encouraging reflection, and providing them with the tools to understand and express their feelings. By doing so, parents empower their children to become confident, compassionate individuals capable of thriving in diverse environments.

## Be Active

Emotion Charades: Play a game of charades where players act out different emotions. This fun activity can help children recognise and label emotions, improving their emotional intelligence and self-awareness.

## Take Notice

Mindful Journaling: Encourage your children to keep a journal where they write about their thoughts, feelings, and daily experiences. This practice helps them reflect on their emotions and actions, fostering a deeper understanding of themselves.

## Keep Learning

Art Projects: Use art as a tool for expression. Provide materials like paints, crayons, and clay, and ask your children to create something that represents how they are feeling. Discuss their creations to help them explore their emotions.

## Connect

Gratitude Jars: Create a family gratitude jar where everyone writes down things they are thankful for. Regularly reviewing the notes can help children appreciate positive aspects of their lives and understand their emotional responses.

## Give

Storytelling and Reflection: Share stories, whether from books or personal experiences, and discuss the characters' motivations and feelings. This can help children relate to different perspectives and consider their own reactions.

## High Five Staff Hub

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!

How can I create a mood for play and playful learning in my busy classroom space? Click this image to view A Playful Learning Continuum from CCEA. Spend time with your colleagues to reflect on the questions and consider how a creative approach to outdoor learning could reduce tension, develop collaboration and promote independent learners.

[Click here](#)

#### Pre-School

Have I created a cosy and homely space using, for example, cushions, rugs, blankets, lamps, fairy lights and light projectors?

#### Foundation Stage

Can I take inspiration from the ideas within the pre-school, for example about creating a cosy and calm space?

#### Key Stage 1

Continuing with the ideas from pre-school and the Foundation Stage, can I develop soft, social workspaces in the busy Key Stage 1 classroom by using, for example, bean bags, cushions, rugs and throws?

#### Key Stage 2

Do I ensure that my classroom reflects a social learning space where collaboration is fostered?

## High Five Access More

Access High Five at any time!

Visit the [High Five Resource Hub Here](#)

## Staff Hub: Upcoming Primary Behaviour Support and Provisions Training

Course	Dates and Times	Notes
<a href="#">SBEW and Neurodiversity</a>	12th May 2025 2:00pm - 4:00pm	
<a href="#">Developing a Calm Plan</a>	19 May 2025 2:00pm - 3:45pm	
<a href="#">Incorporating the Pupil's Voice within an SBEW Plan</a>	14 May & 21 May 2025 2:30pm - 3:45pm	(Participants must attend both sessions)
<a href="#">An Overview of the Social, Behavioural, Emotional &amp; Wellbeing (SBEW) Chapter in the SEN Resource File</a>	13 May & 20 May 2025 2:15pm - 4:00pm	(Participants must attend both sessions)

Visit the esads website to view all [training](#) available from Primary Behaviour Support and Provision



## Staff Hub: Upcoming NASS Training

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 links in the table below to book a place on this training.

Course	Date	Time
<a href="#">Theraplay Informed Practice - Activities to build attachment</a>	21 May 2025	3:00pm – 4.00pm
<a href="#">Connect and Nurture (CAN)</a>	4 June 2025	3:00pm - 4:00pm

Visit the esads website to view all [training](#) information from the Nurture Advisory & Support Service

## Telephone Advice & Support Helpline

The Telephone Advice and Support Helpline (TASH) is available Monday to Friday 9am to 4:30pm. Please phone the SEND Central helpline on 028 9031 777 and request option 3.

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 1603 calls to the helpline between Sept 24 to March 25.

### TASH Closure

The helpline will be closed on the following dates:

- Monday 5th May
- Monday 26th May

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)

# EA Special Educational Needs

## 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.

To access further information on the following areas visit the [SEND](#) website.

- **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 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 support children and young people
- **Contact Primary Behaviour Support and Provisions Services**  
If you have queries or need advice, guidance or support contact us.

## When We Need Support

### Help Hub Bitesize Tips

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.

[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 [Christians Against Poverty](#) are all locally run charities that can provide assistance to families who are in financial difficulty.

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 [Lifeline](#) [Childline](#) and [Parent Line NI](#)