

Issue 16: Friday 15 January 2021

High Five

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

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.

The beginning of a new year brings us hope and we look forward to what the coming year may bring. There will certainly be lows as well as highs. When we are faced with challenges, it is important that we try to be resilient.

Resilience is the ability to bounce back when something has knocked us down and to keep going even when things get tough!

Camels are a great example of a creature who is resilient when things get tough - they can keep going across miles of desert, with no food or water for days and days!

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.

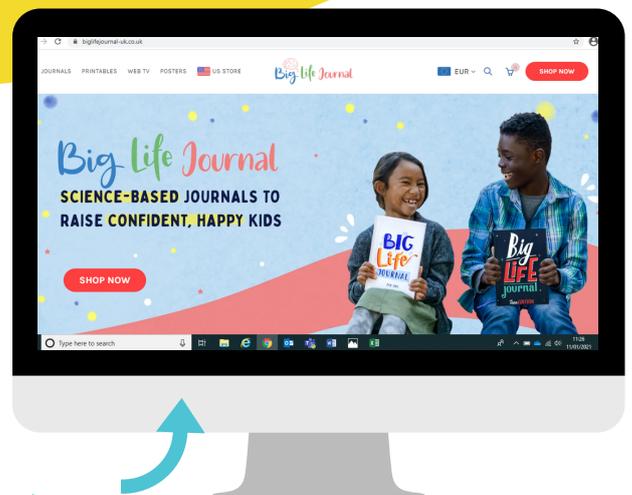
More information about Take 5 is available at <https://www.mindingyourhead.info/take-5-steps-wellbeing>.

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.**

Big Life Journal

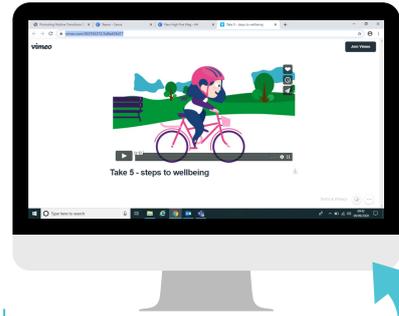
The Big Life Journal website has loads of Growth Mindset activities, printables and articles to help teachers and parents support children in developing their emotional wellbeing. Their Blog has a wealth of information and ideas to try at home and in school.



Click here to read about tips for building resilience on the Big Life Journal website

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 Resilient!

Pupils and staff at Fir Trees EOTAS gave some top tips for being resilient when things get tough!



Every time you see this symbol, you will find another tip for minding your mental health.

Talk to friends

Looking after all of our animals and keeping plenty of snacks in the house!
- Mrs McConnell

Take time outside

Spending time with my family and my dogs!
- Mrs McCloskey

Take deep breaths to help you feel calm

Give yourself time to relax and have fun!
- Ms McCrossan

Talk to your teacher or another adult

Go to a nice quiet room and relax!

Make sure and get enough sleep, exercise and fresh air
- Mrs Roddy



TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.

Together whilst apart

When we are at home, it's sometimes difficult to stay connected with people from school or work. Here are a few ideas to help you stay in touch during lockdown.

Show-and-Tell

Showing a friend a picture you have drawn, your Lego castle or a fort you have built in your bedroom.



Making the Same Recipe Together

Sure, this can get messy, but the reward is you get to eat whatever you make, and hopefully it will be delicious!



Work on a project together

Team up with a friend or friends to take on the same kind of project together to problem-solve, compare notes and share progress.

Mailing Letters or Postcards to Friends

Let's face it ... we can all do this more. The excitement of waiting for, and the surprise of receiving, post by mail.



Scavenger Hunt

Have a scavenger hunt in the garden or on a local walk. Make a list together of things you could see on a winter walk and see who can find the most.



Drink water! - Staying hydrated helps us to feel good more often



Take Notice

Noticing how you're feeling is important to help you cope when things are tough. This might be the emotions you're experiencing and it can also be how your body is feeling - often these are related.

Take a moment to consider how you are feeling and record what you notice on the body outline below.

Sit comfortably and focus on your breathing. Put your hands on your tummy and feel how your body moves as you breathe.

Starting at the top of your head, bring your attention to each part of your body in turn.

Do you notice any parts that are hurting?
Are any parts feeling tight or tense?

When you reach your toes, work back up the body: tighten and tense each part in turn as you breathe in, release and relax it as you breathe out.



Listen to music
Put on your favourite song or artist and let the music soothe you



Keep Learning

Remote learning can be a challenge for all of us. Without our usual school routine and the support of our classmates and teachers, it can be daunting to sit down and do our school work at home. And let's not forget that there are lots of fun things to do at home that might distract us! We have put together some ideas for making home learning more manageable.



Get into a routine

Routines help us to predict our day and know what is coming next. It is helpful to have an idea of the activities you would like to accomplish in a given day, as this will help you to focus and to break your day up into manageable slots. You can do this simply with Post-it notes or you can design an attractive visual timetable to plan out your days. On the next page, we have some pictures that you can print off and use to make your own timetable for home learning.

Reading

Snack time!

Check online Classroom

Family Walk

School work

Lunch

Screen time

Every time you finish an activity, you can tear off the post-it note to show that it's done!

Remember to plan plenty of breaks and down time into your day.

Build time onto your day to relax and connect with friends and family

Try to include the elements of Take5 in your day - remember, learning is just one part of it!



Say "No" to something
Not everything is your responsibility

No

Keep Learning



Teacher's Pet

Celebrating 10 years!

Click here to go to the Teacher's Pet website where you can access lots of home learning resources

Click here to go to the Twinkl website where you can access lots of home learning resources

twinkl

What are we doing today?



Give

With our homes becoming busy places again, at times full of learning and work, be sure to give yourself a break sometimes. Take some time out and relax. Here is a quick "how to":

1

Put on a coat (and a hat if you like being cosy!)

2

Make a nice warm drink like tea or hot chocolate (be careful if you are pouring hot water or ask an adult to help).

3

Grab a blanket or an old cushion

4

Go outside and have a seat on your doorstep. You can use your blanket or cushion to make your seat warmer and more comfortable.

5

Use all your senses now as you notice:

5

things you can SEE



4

things you can TOUCH



3

things you can HEAR



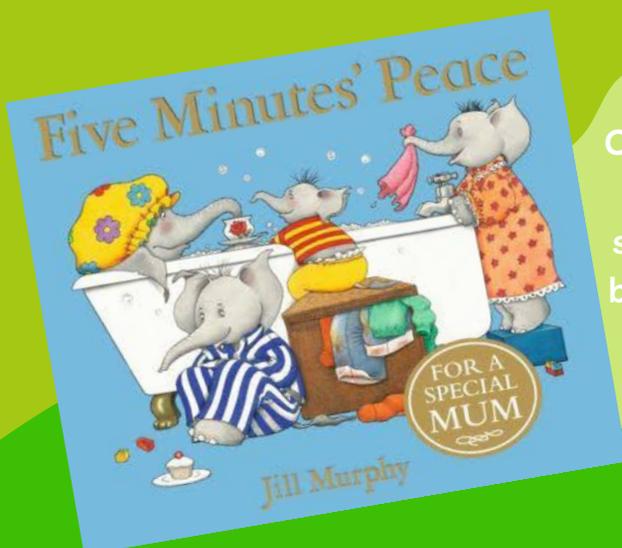
2

things you can SMELL



1

thing you can TASTE



Click here to go to a YouTube video showing the lovely book "Five Minutes' Peace" by Jill Murphy



Make mini-goals. Even small things should be recognised. Got dressed today? Great work!

Remember, staying active helps our bodies to produce helpful chemicals that make us feel good and help us to relax. Try these yoga poses to get your body moving and stretching!

Warrior II Pose



1. Stand with your feet wide apart. Turn your left foot to the left and try to keep your right foot facing forward.
2. Breathe in, lift your arms up to shoulder height and hold them straight out to the sides.
3. Breathe out and bend your left knee, moving your weight to the left. Try to get your knee to stay above your ankle.
4. Keep your body tall and straight (don't bend over) turn your head left and look towards your fingertips.
5. Breathing in, straighten your legs and lower your arms.
6. Repeat for the opposite side.

Tree Pose



1. Stand tall with your weight balanced evenly on your feet.
2. Lift your right foot up and turn your knee out to the side. Place your foot against your left leg (as high or low as is comfortable).
3. Press your hands together.
4. Breathe in, raise your hands slowly up above your head. If you want a little extra challenge, look up at your hands.
5. Breathe out, bring your hands back down to chest level and release your foot back to the floor.
6. Repeat with your other leg.

Downward Facing Dog



1. Begin on hands and knees with your toes tucked under.
2. Breathe out, straighten your knees and lift your hips up towards the ceiling so you are in an upside-down V.
3. Hold this position for as long as you like. Let your head hang down softly and focus on breathing in and out slowly.
4. For an extra stretch, carefully try pushing your heels down towards the floor.
5. When you are ready to come back down, breathe out as you lower your knees back to the floor.



Lose yourself in a movie or a book for a while.





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



An A-Z of a Nurturing Environment

Inspired by the brilliant “Resilience Alphabet” (developed by Martha Simpson and Philip Wong) which is being circulated by Education Scotland, the help hub is providing an A to Z of values important for a nurturing home. It is based upon the work of Dr Chris Moore Educational Psychologist (EA Psychology Service).

Each week we'll give you simple ideas to try with your family!

O is for Optimism

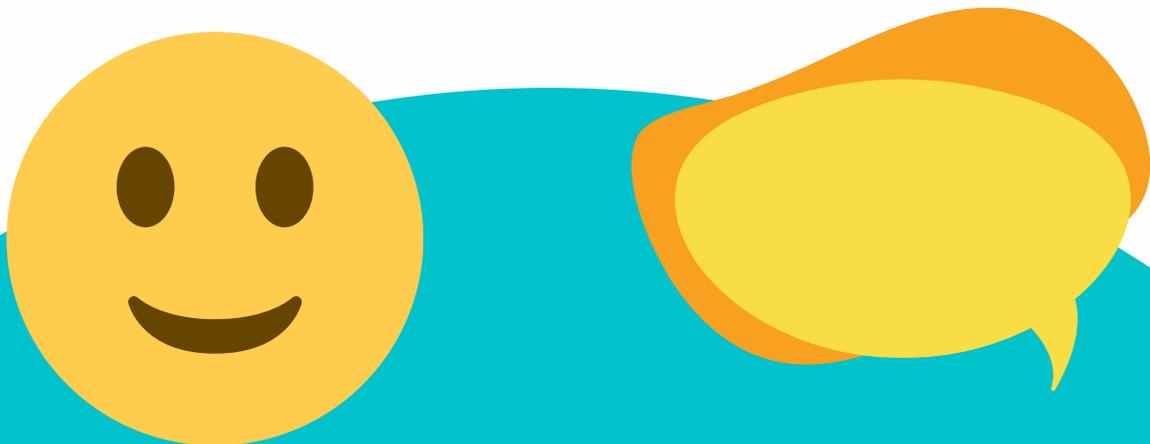
Try to recognize your child's strengths as much as possible. Focusing on effort rather than the end result, for example saying, 'You're taking your time and looking really carefully at your drawing' will keep things positive.

It may be a good idea to collect samples of photos, stickers and certificates to show to your child if they're feeling low, reminding them of how well they coped with difficult things in the past.

P is for Predictable

Setting up daily routines and keeping some parts of the day predictable will make your child feel in control, relaxed and safe.

Try using or adapting the timetable activity in the Keep Learning section to plan out a daily routine together.



Raising Resilient Young People

In these strange times it is so important to take time for yourself. Gifting yourself 10 minutes in a quiet room away from noise, family members and social media can help to re-charge your parenting battery as such. In order to help our children develop their resilience we need to make sure we are modelling that. We often say in teaching 'you can't pour from an empty cup' and the same definitely applies right now.



[Click here to read more from Dr. Lyons and Dr. Wilson](#)

Lynn Lyons, LICSW, a psychotherapist who specializes in treating anxious families and co-author of the book "Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children" with anxiety expert Reid Wilson, Ph.D gives us 10 tips to help raise resilient kids.

1. Don't accommodate every need.

Try to help your children by learning some independence. It's so tempting to do everything for them.

2. Avoid eliminating all risk.

With the world being as it is we are tempted to wrap our children up in cotton wool. This won't help them to build their resilience.

3. Teach them to problem-solve.

We are all staying at home more than we'd like. Brainstorm strategies with them to help them feel less anxious about things they encounter.

4. Teach your kids concrete skills.

- Identify what it is your child needs to help them succeed. Do they need help introducing themselves to new friends? Do they need encouragement talking to adults in school? Whatever it is give them the script they need and practice it with them.

5. Avoid "why" questions.

Change your responses to them by asking 'How' instead of why. This will encourage them to think about their actions and make positive choices.

6. Don't provide all the answers.

Lyons suggests using the phrase 'I don't know'. Using this phrase helps kids learn to tolerate uncertainty and think about ways to deal with potential challenges.

7. Avoid talking in catastrophic terms.

This is more pertinent than ever right now. Our children are exposed to so much negativity around them.

8. Let your kids make mistakes.

Failing at something is not the end of the world. It is important to let our children learn from failures.

9. Help them manage their emotions.

Let your children know it is ok to feel emotions. Identify emotions with your children and help them figure out how to manage them.

10. Model resiliency.

Most importantly we should model resilience to our children. We need to remain calm and consistent with them. When we make a mistake admit it to them. It's an important message to send them that it is ok to make mistakes.

When We Need Support

During these difficult times, we have all experienced new challenges and have had to find new ways of doing things. On this page, you can find information about some of the support and ideas that are out there to help us navigate these unknown waters.



ParentingNI



Parent Workshops  **ParentingNI**

Being a parent can be challenging at times, especially now with Covid-19. Parenting NI supported by funding from the Southern Health & Social Care Trust are providing the following **FREE ONLINE** workshops for **PARENTS** who live in the **SOUTHERN TRUST** area.

Digital Parenting	Teen's Emotional Health
Our children's use of technology and social media has significantly increased. This workshop explores children and young people's use of technology, explores the risks and dangers of the online world and encourages parents to have effective conversations around boundaries and keeping safe online.	We want our teenagers to have positive emotional health & wellbeing. This workshop encourages parents to understand the importance of their teen's mental health, promoting activities to enhance their teens emotional health & wellbeing, helps to equip parents with the skills to help improve their teenagers emotional health & wellbeing
Tues 19th January from 7 - 8.30pm	Tues 9th February from 7 to 8.30 pm
To register: http://bit.ly/Digi-Parenting	To register: http://bit.ly/T-EmoH

Supported by the:

-  Southern Health and Social Care Trust
Quality Care - for you, with you
-  Promoting Wellbeing DIVISION

 parentingni.org

ParentingNI are offering free online workshops for parents, entitled **Digital Parenting and Teen's Emotional Health**. [Click here to find out more about the range of workshops they offer.](#)

CYPSP Family Support Hubs



CYPSP Children & Young People's Strategic Partnership

Navigation: About Us | News & Events | Publications | Links | Contact

Search:

Parent Support | EITP | CYPSP Resources

Children and Young People's Strategic Partnership
Agencies, children and young people, families and communities across Northern Ireland working together - to improve outcomes for children and young people through integrated planning and commissioning

- Venue Locator
- Translation Hub
- COVID-19 Support & Resources
- Parent Support
- Maps, Profiles & Reports
- Mapping Children's Outcomes
- ACEs Adverse Childhood Experiences
- Think Family

Click here to go to the CYPSP website, where you can find contact information for your closest Family Support Hub and information about other local support available.

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

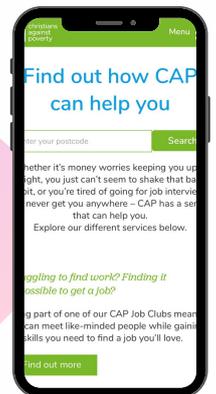
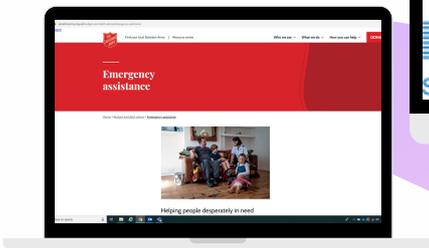
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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 Aid Project are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



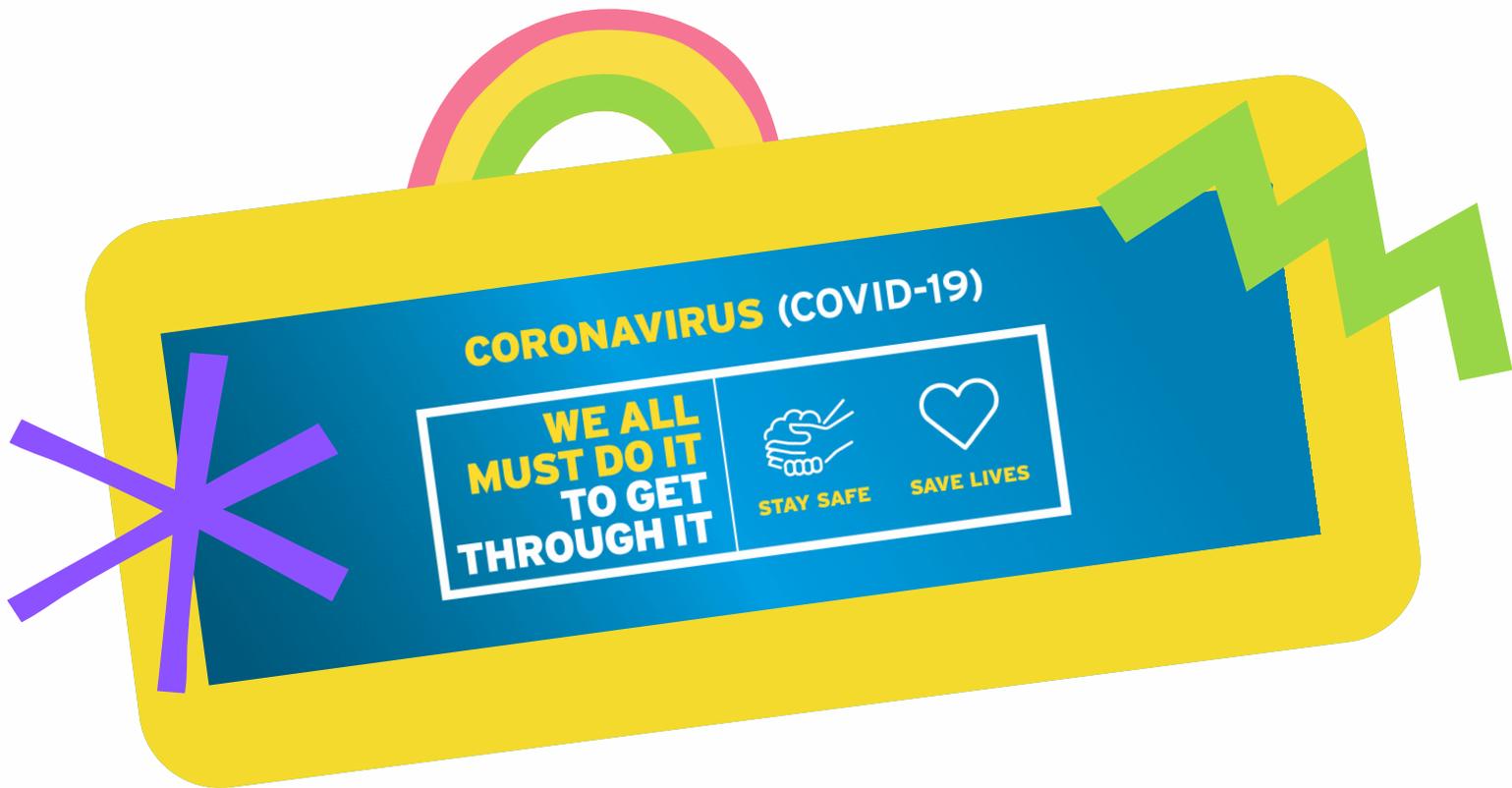
Childline



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.](#)

