

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

Issue 46: Friday 24 June 2022

High Five

Primary Behaviour Support & Provisions

Summer Special



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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. In this issue, our focus is to Be Playful. The summer holidays are the longest break from school we get each year. It can be a long time to go without seeing friends or adults at school but it can also be a good opportunity to switch off and relax. Some of our EOTAS centres, High Five Friday schools and EA pupil support services have shared good ideas to help us Be Playful over the summer break.

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.**

Happy Thoughts

Over the summer, at the end of every day, let's think about something that made you feel happy or something that made you smile. It could be that the sun came out, you had a day of fun and games in the garden or you got to see your friend in the park. Share your 'Happy Thoughts' with family and friends or you could write them down in a journal.

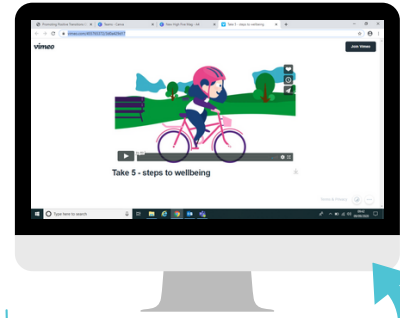


I felt happy today when I got to make a cake with my sister. We decorated it with lots of sprinkles and it tasted delicious!



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 Playful



How will you know that you are being playful this summer? Use this checklist from Sunflowers EOTAS to do a Playful check!

Laughter and smiling!
When we are being playful we are having fun!



Change of plans! When we are being playful we follow our imagination go with the flow!



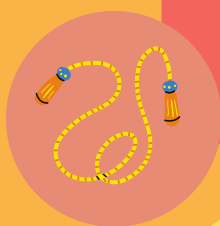
Tell a joke of the day and make a book of them over the summer - share your 'Joke Book' with friends and family!



Why do bees have sticky hair?
They use honeycombs



Have fun and be playful while keeping fit over the summer. You could draw your own hopscotch or even learn some new skipping rhymes



[Click here to learn a new skipping rhyme](#)



Be Playful



P...

physical play

- Run, skip, hop. Splash in puddles
- Dig in sand, soil, mud
- Play with a ball – roll, kick, throw, catch
- Make an obstacle course
- Play hide & seek, follow the leader
- Jump on the trampoline
- Dance, sing action songs
- Visit local playground



L...

laundry

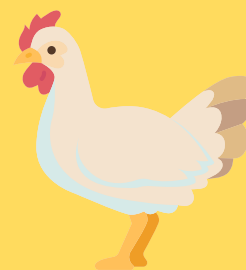
- Sort & match socks – size & colour
- Try on different clothes. Touch and talk about different textures
- Fill a basin with water and fairy liquid and ‘wash’ the dolls clothes or socks
- Get your child to help you hang the washing up



A...

animals

- Name the animals
- Make animal sounds
- Sing songs about animals
- Move like animals
- Pretend play – feed the hens, drive the tractor or ride on toy, milk the cows



Y...

you

You are most important!
Play is how young children learn. Playing together with plenty of chat and comments will help a wide range of early learning skills. Get involved, get down on the floor, and remember to have fun together!



Click here to find lots of ideas for play on the EA SEN EYIS website.



Take Notice



Staff from Thornberry EOTAS have suggested some brilliant ways that you can take notice outside this Summer:

When you use water and a paintbrush to make marks on the pavement, notice how quickly it dries...

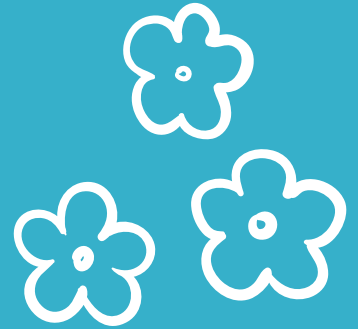
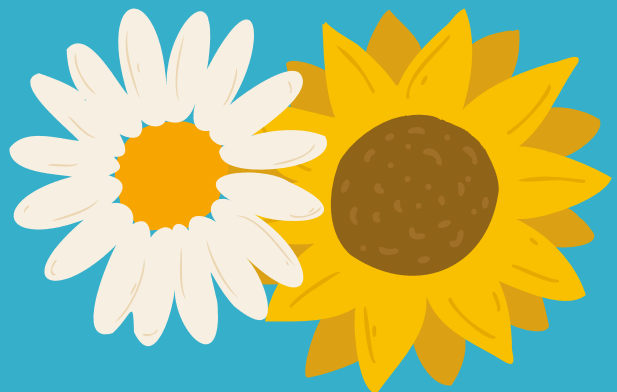
How many colours can you find in nature?



How the grass feels on your bare feet

How a daisy closes its petals at night and opens in the morning

Stay up a little later and notice the stars in the sky



Take Notice

Over the summer months it is important to remember to have some time for yourself and do things that help you relax. Here are a few ways to look after your health and wellbeing:



Watch a movie



Read a book



Think of a happy place



Laugh



Play with your pet



Exercise



Smile



Listen to music



Do something you enjoy



Talk about your feelings



Go for a walk



Keep Learning



Fir Trees EOTAS pupils have been enjoying their topic 'The Great Outdoors'. This included outdoor play with bikes and trikes and time on the climbing frame where the pupils showed their playful sides! The pupils worked so well together when using our 'Water Wall' and were great at taking turns.



The Life Cycle of a Butterfly

The pupils learnt all about the life cycle of a butterfly and spent time outside releasing their butterflies they had nurtured from caterpillars.



Click here to find out more about the cycle of a butterfly



Keep Learning



St. Joseph's P.S., Antrim

The Primary 2 pupils linked their 'On Safari' topic to art and outdoor play by looking at the work of Andy Goldsworthy and how he used natural materials to make pieces of temporary art. The pupils were shown some of his work as inspiration:



Click [here](#) to find out more about Andy Goldsworthy along with some ideas of art you could create at home



The P2 classes then made safari animals using natural materials that they found in the school grounds.



Keep Learning

Memory Games

The EA Literacy Service have shared some fun activities to help improve our memory skills. They say that the brain is like any other muscle in the body - the more you use it, the more developed it will become. Here are some quick and easy activities that will help you to develop your memory skills



The Suitcase Game

The first person begins by saying 'I went on holidays and in my suitcase I packed...' add one item. Each person must repeat all previous items (in the correct order) and add another. If you forget or miss an item you are out of the game. The winner is the one left after the others are put out.



The Brain Games

On your left hand, make a fist, and extend your thumb; holding this, hold up your right fist, but this time stick out your little/pinky finger. Now try swapping... thumb up on right. Pinky on left... How fast can you change? The co-ordination involved will strengthen neural connections, which will help develop the memory!



Card Game

Use a deck of cards and lay out all 52 cards in four rows of 13. Players take turns choosing two cards, turning them face up. If the cards are a match- either same suit or colour (for example, 2 sixes, 2 red cards) that player wins the pair and removes them from the board. If the cards are not a pair, the player has to return the cards to the board face down and play passes to the player on the left. The game ends when a player picks the last pair. The winner is the person with the most pairs.



Click here for
the latest issue



Connect



Being off school over the summer holidays gives us lots of opportunities and time to spend with our family and friends. Pupils and staff from Tamnamore EOTAS have come up with some lovely ideas of things to do during the summer months.

Go for a walk –
Research to find
somewhere new that
you haven't been
to before

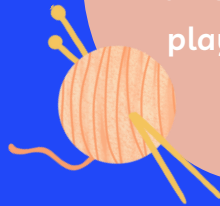


Visit the on-line library –
They can offer some free
or inexpensive classes



Click here for
information on
your local library

Ask a family member or
friend to help you learn
a new skill – Learn to
play an instrument,
knit etc...



Learn to cook something
new – Try out new recipes
and challenge yourself to
learn about food from
other cultures



Click here for
some summer
recipe ideas

Take pictures – Even if
you're not good with a
camera, this can be your
chance to get better



Read a book – You could
read to a younger
brother or sister.
Audiobooks are great for
when you're in
the car



Use your creativity and
start to write in a
'Summer' journal. You
could include pictures
and photos too, which
you could share with
others



Connect

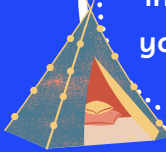


Meadow Bridge Primary School

The pupils in Meadow Bridge Primary School came up with some creative ideas for 'Connecting' with others over the holidays.



Build a den inside with your family



Have a games night e.g. play a board game, charades, puzzles, hide and seek



Visit somewhere you have never been - bring a picnic



Bake an old family recipe and share with your friends and neighbours



Volunteer to do some chores for family and friends



Read together as a family or with grandparents



Organise a football match or basketball game with friends and family



Make up your own treasure hunt for others to do



Set up a family and friends walking group



Collect toys/clothes to give to charity



As a family learn a new skill e.g. a language, some jokes, a sport and then share it with others you know



Send a postcard or draw a picture to someone who you have not seen for a long time or to someone who lives alone or to your local residential care facility



The EA 'Getting Ready to Learn' team have shared 5 good ideas for connecting with the people at home this summer- we hope you enjoy them!

Draw a picture or write a note to a friend or relative- if you go on holiday send a postcard to someone back home!



Build a blanket fort together and have a family picnic inside

Cuddle up and chat about things you like about the people in your home



Have a family story night with snacks, blankets and your favourite books



Have show and tell at home- ask and tell each other about your day



Give



Give a Helping Hand

The pupils in Treetops EOTAS have been thinking about ways that we can use our hands to be kind and helpful to others. They shared some of their ideas below:



Give

Tonagh P.S., Lisburn



The pupils and staff from Tonagh Primary School have shared their ideas on what families can do together to GIVE, based on giving back to the environment as that is such a current issue.

Here are some of the suggestions on how to 'Give' back to the environment:

Plant a tree to help with the Queen's Green Canopy



Click here to find out how you can get involved!



Tonagh P.S. planted their own tree to mark the Platinum Jubilee.



Bike or walk more in the summer months



Start to recycle soft plastics. Co op and Tesco accept these. It's amazing how much builds up in a week or two!



We also took inspiration from 'Britain's Got Talent' finalist Anneswar Kunchala. He's a 7 year old conservationist who writes poems/raps.



Click here to watch Anneswar sharing one of his poems on 'Britain's Got Talent'

We all look forward to beginning our summer holidays. The summer holidays mean we get to spend lots more time with the people we love. It's a good time to Nurture ourselves, our family, and friends after working so hard in school. We have put together some ideas you might like to try over the holidays.

Pizza Massage

Why not give one of your friends a lovely pizza back massage. It will help them feel nice and relaxed and you can have lots of fun doing it!



Litter Picking

Why not give back to your community by doing some litter picking. You could bring a bag next time you go to the park or out for a walk. Bring some of your friends and turn it into a game. Who can pick up the most litter? That way you get to spend time with your friends and keeping the place tidy will help make everyone feel happy 😊



Family games night

Why not give up some of your free time to spend an evening with your family. You could get out all the board games and share some fun and laughter together!



Fun with neighbours

It's nice to give to you neighbours. One of our team member drew a big hopscotch outside their house and invited their neighbours to play with it anytime they wanted. It helped them all get to know each other better and everyone had great fun playing together. Maybe you could think of a game you could play with your neighbours!



Nature I-Spy

It's important to give yourself time to unwind. Why not get outside. Take a Nature walk and play I-Spy. Quiz each other and guess what you are spying. Start with "I spy something green" and see how long you can keep the game going and what interesting things you can spy.



Give yourself a challenge

It is good to give yourself a challenge. Why not create and set up a treasure hunt for you your family or friends. It helps to Nurture your brain and you all have a great time following the clues and finding the treasure!



Be Active

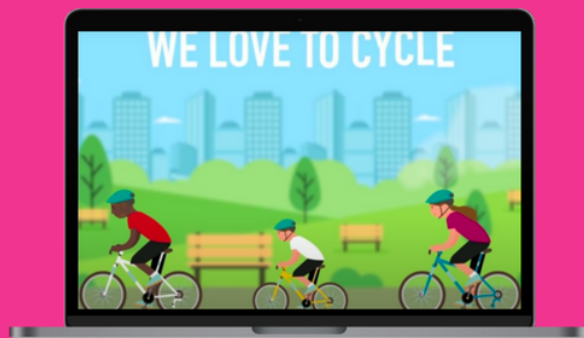


Key Stage 1 pupils at Little Oaks EOTAS have been enjoying playing outside on the bikes this term. Riding bikes and scooters is a fun way to keep active and a great form of exercise!



If you are out riding your bikes over the summer holidays, remember to wear your safety helmet like our Little Oaks pupils and to be safe on the road!

Cycling as a family is great fun and fantastic exercise. But when you cycle, it's vital to stay as safe as possible. You can watch this video on the important ways we can stay safe when we are having fun on our bicycles.



Click here to watch a short video.

Be Active



Corran IPS

Everyone at Corran Integrated Primary School is looking forward to the school holidays! We are making plans to keep up our High Five activities at home with our families.



At the Beach

The Corran boys and girls are very lucky as they live right beside a lovely beach! To keep active, they will:

- Play chase with the waves on the beach – don't get caught and get your feet wet!
- Collect shells
- Search the rock pools
- Draw and write messages in the sand
- Build sandcastle obstacle courses
- Play beach football, volleyball, rounders – games are great on the sand!
- Fly a kite on windy days – hold on tight!



If the water is warm enough, we might be able to have a paddle or even a swim!

We always follow the safety rules at the beach as water can be dangerous!

Be A Sporting Superstar at Home!



Pretend you're at the Commonwealth Games and compete against your friends and family in these events:

(Make some medals from cardboard and wool before you start!)

- Running - sprint, relay or steeple chase (that's just a fancy obstacle course!)
- Throwing - How far can you throw a rolled up pair of socks? Make a target and win points for accurate throws
- Jumping - How high can you jump? How far can you jump?



Present your medals at a special ceremony!

Be Active



Corran IPS

At the Park

Going to the play park with our family is one of our favourite things to do! We love to swing, slide, climb, balance and spin around on the equipment.



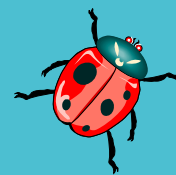
Carnfunnock Country Park is also nearby and it's a great place for a lovely walk with our families. To make things interesting, we could have a 'Scavenger Hunt'...



Looking for colours – what can you find that is red or yellow or pink or green?



Using our senses – what can you hear, see, smell, touch or taste along the way?



Go on a mini-beast safari!



Autism Advisory & Intervention Service

Sensory Circuit Obstacle course

Sensory circuits can be an active, fun and enjoyable activity for children that will help them to regulate their senses. They usually consist of three types of activity; two alerting activities, two organising activities and one calming activity. A sensory circuit obstacle course can be used throughout the day to help your child remain regulated and have fun. These obstacle courses can be created indoors or outdoors. Make sure they are not too challenging for your child and most importantly, have fun!



Alerting activities
(Choose two)

These provide vestibular (sense of balance) and proprioceptive stimulation. They help to awaken the brain and get it ready for the day ahead

- Jumping up and down
- Crashing landing onto pillows
- Hopping
- Skipping
- Balancing on a yoga ball
- Bouncing on a space hopper
- Jumping on a trampoline
- Spinning around
- Twirling a hula hoop
- Bunny hops/crab walk/star jumps



Organising activities
(Choose two)

These will help your child to organise their body and plan their movements.

- Throw bean bags at a target
- Play skittles using bottles and a ball
- Walk along tape on the floor or a piece of rope on the ground outside
- Create stepping stones from cushions, pieces of cardboard or rolled up towels
- Throwing and catching a ball
- Bouncing a ball along a line
- Commando crawling



Calming activities
(Choose one)

These will help your child to finish off the circuit in a calm state

- Crawl through a tunnel
- Lie on the floor whilst an adult rolls a large gym ball over their body
- Roll over a gym ball or peanut roll gently rocking back and forth
- Push the wall using the flat of the palms or soles of the feet.



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

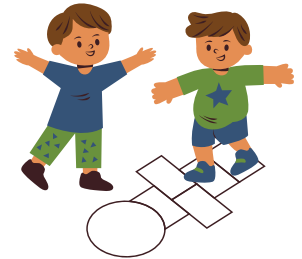


Be Playful

Play allows children to use their creativity while developing their imagination and their physical, learning and emotional strength.

Play is important for healthy brain development. It is through play that children, at a very early age, begin to engage and interact with the world around them.

Having fun together strengthens relationships and reduces anxiety. Set aside time for being playful with your child, allow fun to blossom within your relationships. Splash in puddles go for windy walks, have Fun!



Some outdoor play ideas:

- Tag
- Hopscotch
- Hide and Seek
- Skipping
- Musical Statues
- Play Parks
- Bicycles
- Roller Skates

Inspire...



INSPIRE your child to try something new;

- Create Ice Lollies using old yoghurt pots
- Plant and grow seeds including flowers or easy to grown climbing peas/carrots
- Build a Den using items from around the house



Grow fruits and vegetables from table scraps

Click here for more information





Be Playful

Support...



- Connect with your child ; play 'Simon Says' or have a 'Daytime Disco'- Put on music and dance. You can also play freeze dance. Every time the music stops, everyone stands still
- Try a self serve pancake breakfast - help them to choose and prepare healthy and treat toppings i.e. blueberries need washed and dried, put chocolate spread on with a spoon/knife. Make a funny face on the pancake



Get creative – try some 'Pancake Art'. Click here for some ideas!

Challenge...



- Develop a play menu- a range of play activities and toys that your children are interested in. Place the menu on your fridge or cupboard door, encourage your child to select something from the menu each day
- Create their own picnics
- Make up a new game from items around the house e.g. Indoor skittles/bowling. Make skittles using plastic bottles. They can be left empty or weighted down with sand, rice or water. Find a softball or make one using a pair of socks or scrunched up paper to roll or throw at the bottles. Stand the bottles up and roll or throw the ball to knock the skittles down.

Please find some useful links and fun activities below;



Make Time 2 Play – Play Ideas and Activities for Kids



Child's play – Top Ten Tips for parents and families. Parenting across Scotland



Play ideas for parents Playful Childhoods



Free and easy games to play at home with children – Home-Start UK



Be Playful

Elaine Carrothers, PBS&P, likes spending time with her two nephews James & Matthew who attend Meadow Bridge Primary School. Keeping them both busy and having lots of fun when they are not in school. The boys like to stay outside, if the weather allows. Here are a few fun activities that they all enjoyed!



Having fun in the garden



Playing football in Lurgan Park



Playing in the People's Park, Portadown



Inspire...



Support...



Challenge...

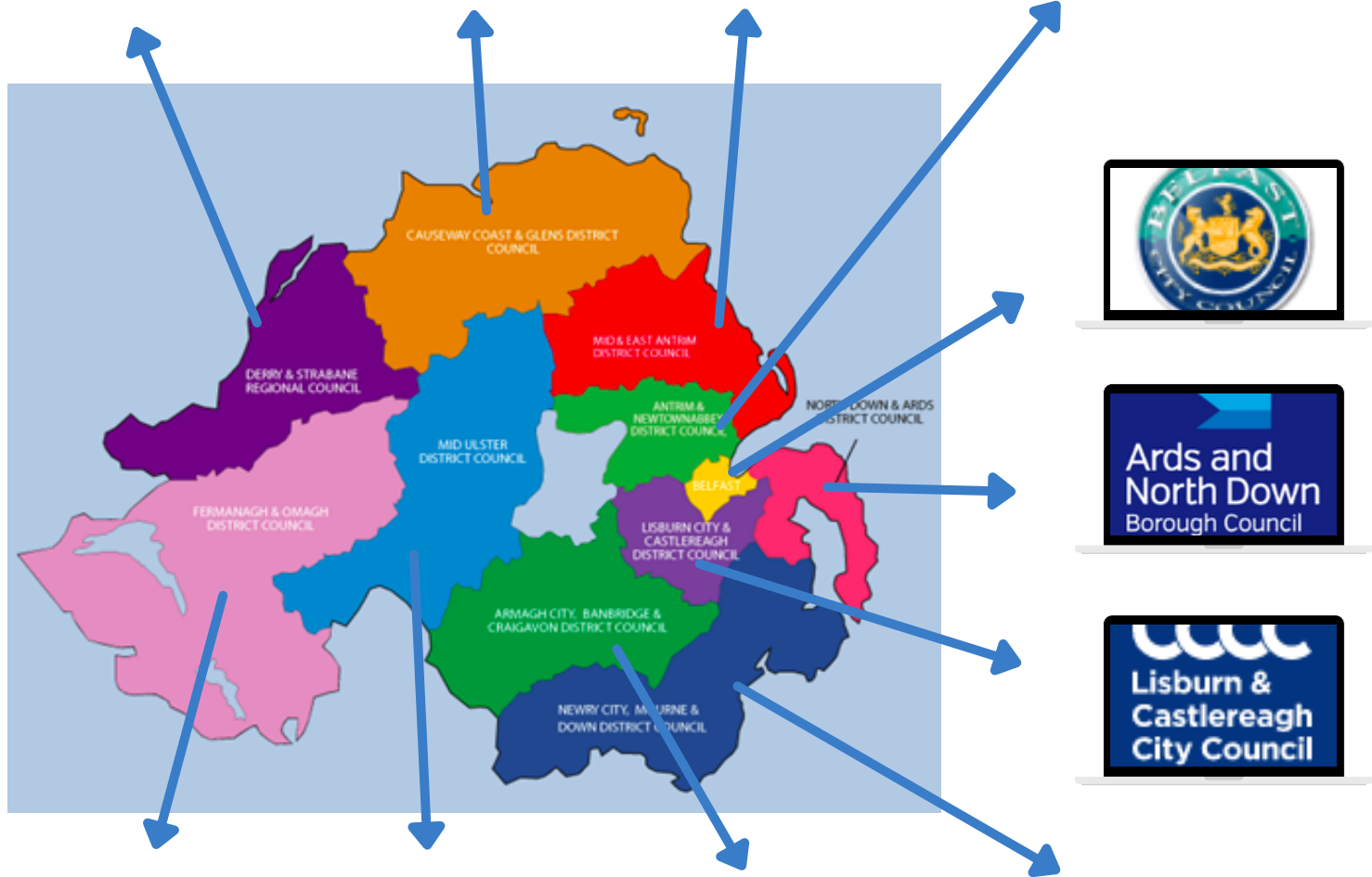


Click here for further ideas to keep busy over the summer months

Fun Summer Days Out



Check out some of the things that are happening in your local council area over the Summer. Click on the links below...



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 sets limits, defines body boundaries, keeps the child safe, and helps to complete sequences of activities.



Three-Legged Walk

Stand beside the child. Tie your two adjacent legs together with a scarf or ribbon. With arms around each other's waist, walk across the room. You should be responsible for coordinating the movement. For example, you can say "inside, outside" to indicate which foot to use. You can add obstacles (pillows, chairs) to make this more challenging.

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.



Popcorn Toes

As you take the child's shoes off, ask if she has popcorn, peanuts, grapes, and so forth, inside her shoe. Then take the shoe off and discover wonderful toes.

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.



Lotion or Powder Prints

Apply lotion or powder to the child's hand or foot and make a print on paper, the floor mat, a pillow, your dark clothing, or on a mirror. If you make a lotion print on dark construction paper, you can shake powder on it and then blow or shake it off to enhance the picture (take care to keep the powder away from the child's face). You can also make a pile of powder on a piece of paper and have the child rub their hand or foot in it to make the print.

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.



Partner Pull-Up

Sit on the floor holding hands and facing each other with toes together. On a signal, pull up together to a standing position. A variation is to have the partners sitting back-to-back with arms interlocked. On the signal, they both push up to a standing position. For these activities to work the partners need to be close in size.

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.



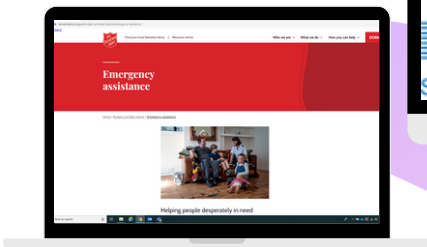
Click here

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.

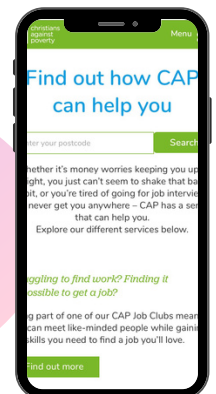


Click here

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



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



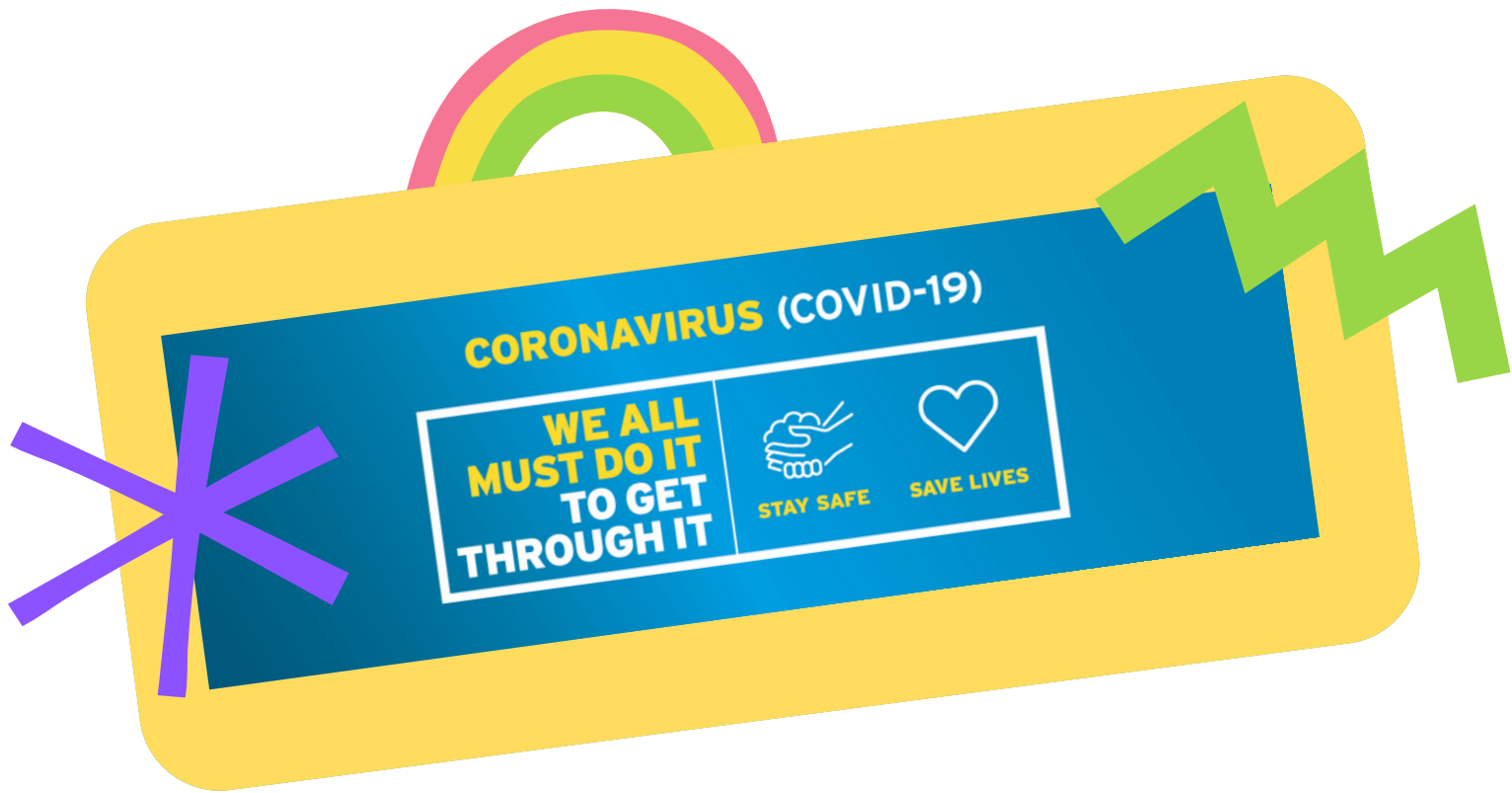
Childline



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](#)

