

Issue 63: Friday 23rd 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!



# Inside this issue

- 03 Take 5
- 04 Be The Best You Can Be - Have Fun and Read!
- 06 Be Active - A Minute to Win It
- 07 Be Active - Small Group Activities
- 08 Connect - Travel Journal
- 09 Connect - Treasure Map
- 10 Take Notice - Summer Observations
- 11 Take Notice - Creating a Calm Box
- 12 Keep Learning - Science Fun
- 13 Keep Learning - Car Games
- 14 Give - A Picnic at Home
- 16 Parent Hub - Have Fun Indoors!
- 17 Parent Hub - Have Fun Outdoors!
- 18 Parent Hub - Summer Family Fun
- 20 Staff Hub - Summer Family Food Appeal



## 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 Have Fun!

After a busy school year of learning and being the best we can be, the summer break is an important opportunity to rest, refresh and have fun with our families and friends. We can be pleased with our achievements from the year just gone and celebrate with some well-earned downtime.

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](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.**



## Events to Attend During the Summer Months

Libraries NI have lots of free events that you can go and enjoy with your friends and family. Click on the images for more information of events in your local area.

Libraries NI rhythm and rhyme events



Libraries NI junior and teenage reading groups



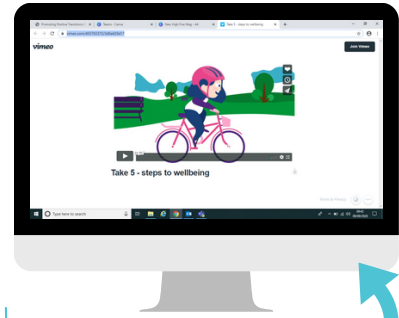
# Take5

steps to wellbeing



## Be Active

Play, join a team sport, walk, cycle, run around. Being active helps us keep fit and also makes us feel good.



Watch a short video about Take5 here



## 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.



# Have Fun!

Being off school provides us more opportunities to try new things. Pupils and staff from the Literacy Service have come up with some lovely ideas for activities to do with your friends and family during the summer months.

Look at the fun ideas below for practising your spelling and reading over the summer in a fun way.



## Word Blaster

Write the words on a piece of card and use a water pistol or foam blaster to shoot the words that your friend, sibling or parent calls out.



## Sand Spelling

Take a trip to the beach and write some words on the sand using a stick, stones or shells.



## Nature Walk

Take a nature walk around a park or wood. Play i-Spy using letter sounds. You could also collect treasures on your journey and make a collage when you get home.



# Have Fun!



## Reading with Family

Keep reading over the summer. You can enjoy reading a good book with an adult, friends or siblings. You could have fun acting out your favourite part.

Set yourself a summer challenge to read six or more library books over the summer.

## Puff Pastry Pizza

With the help of an adult, have fun in the kitchen following recipes. Why not try making this tasty pizza.



Please check out our Literacy Service Newsletters where you can see other practical ideas for supporting your child and connecting at home. You may want to look at Issue 4: All About School Transitions to help prepare children who are starting a new school in September.



Look out for the next edition being released in the Autumn term  
Issue 10: Study Skill and Exam Support.



# Be Active



## Minute to Win It!

Have some family fun by creating your own competitions, using items you already have at home. You can have everyone compete individually or as partners. Each competition is only one minute long, so it's super fast paced and exciting!

### Cup Stacking

Try to unstack then restack the pyramid of cups in under a minute!



### Tallest Tower

See who can build the highest tower in one minute! You could use build blocks, lego or even boxes that were saved for recycling.



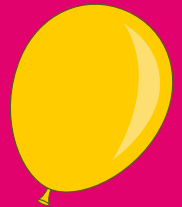
### Chopstick Pick Up Challenge

See how many sweets you can move from one plate to another in just 1 minute.



### Balloon Games

Work in teams or individually to keep the balloon up for 1 minute. Try first using both hands, then one hand or even using just your head or elbow.



### Speedy Bowling

You could create your own bowling pins and ball but using water bottles and a rolled up sock. Each person gets 5 'balls' and 1 minute to see how many pins they can knock over.



### Ping Pong Challenge

Place a ping pong ball onto a spoon and see how many laps of the room you can do in a minute. If it's dry outside you could even try this in the garden.



# Be Active

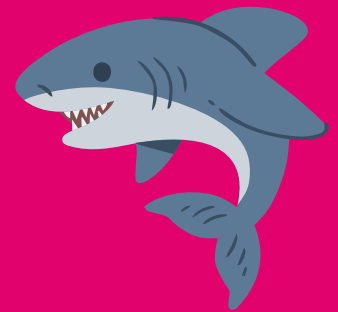


## Small Group Fun!

### Sharks and Minnows

Choose one or more players to be the 'shark'. They will try to tag the 'minnows'. The rest of the players will be the 'minnows' and will stand in a straight line in the middle of the garden or park. When the shark shouts "SWIM!" all of the minnows should try and run to the other side of the garden or park without being tagged.

If a minnow is tagged they are turned into seaweed and have to sit down. They are allowed to try and reach the other minnows to turn them into seaweed too. Play continues until only one minnow remains untagged. They become the new shark.



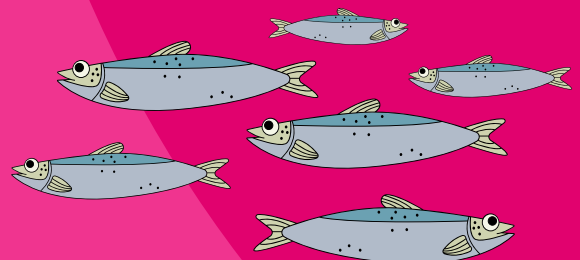
### Opinion Tag

Decide on four spots to be bases. Label them "Love it", "Okay", "Don't like it" and "Never Tried it". Choose one person to be 'It'. That person chooses a food, activity, sport etc and shouts it out loud, for example "pizza!", "football!", "colouring in!" All the other players must run to the base that describes how they feel about what is shouted out. The person who is 'It' tries to tag them as they run. If a player is tagged, they become the new 'it' for the next round.



### Sardines

One person is the hider and they go and hide. The rest of the group look for the hider. The first person to find the hider sneaks in beside them without the rest of the group noticing. This continues until the last person finds everyone hiding together. The person who first found the hider, is the hider in the new game.







## Travel Journal

Are you planning a fun day out? Or going to stay with a relative?

A special way of recording memories is to use a travel journal.

Add to the journal with each new trip or day out.

Today's date is:

Today we went to:

Today's weather:

☐☐☐☐

Today I felt:

☐☐

What I saw today:

I liked:

What I didn't like today:

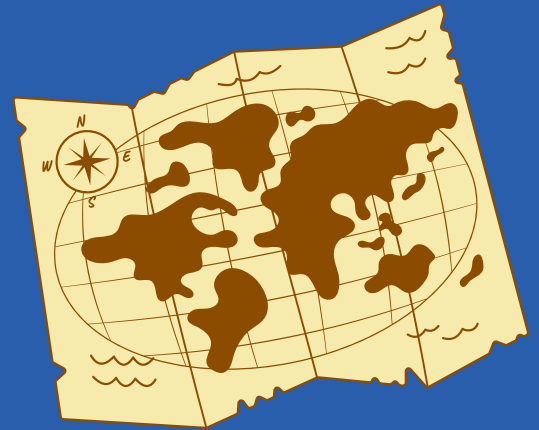
I ate:

My favourite part of the day:

## Treasure Map

Have fun with another person or with a group of people by making treasure maps for each other to follow.

You will need:



- Some treasure (maybe a toy or some sweets as loot)
- Paper and pens or pencils
- Coffee granules and a tea bag soaked in warm water to allow the colour of the tea to be released

1. Decide where your treasure will be hidden.
2. Draw a map of the area and make a X on the map to show where you have hidden the treasure. Include a compass to make your map really realistic!
3. Make up some clues on how to get to X.
4. Tear off the edges of the paper to make it look old and tattered.
5. Rub the wet tea bag over the paper (make sure the tea bag is not too wet!) and then rub some coffee granules over it.
6. Scrunch up the paper and then open it back up carefully. This will make your map look old.
7. Give your map to your family or friends to see if they can find your treasure.



# Take Notice



## Summer Observations

What are some of your favourite things about summer? Is it the longer days and sunnier weather? Now is the perfect time to go outside to search for wildlife. You could...

- Peer under large stones and logs to find woodlice and millipedes.
- Peer into cracks in tree barks and deadwood to discover beetles and spiders.
- Look closely at leaves to discover caterpillars and ladybirds.



## How many of these can you find?

Butterfly



Bumble bee



Frog



Worm



Ladybird



Snail



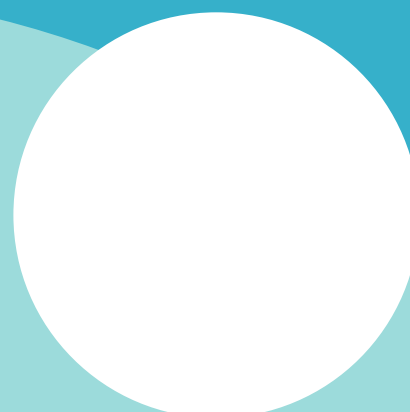
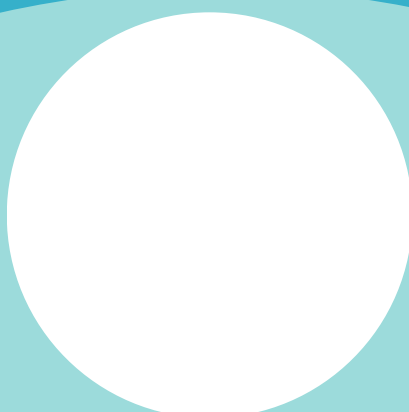
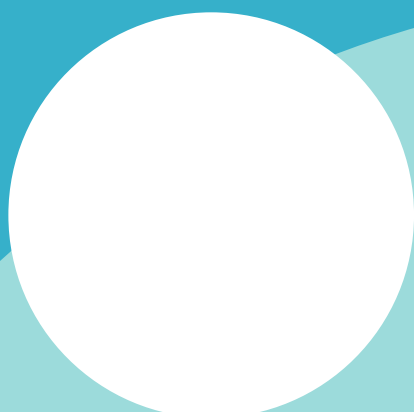
Spider



Ant



Draw a picture of some of the wildlife that you noticed...



# Take Notice



## Creating a Calm Box

The summer is a great time to have lots of fun, but it's also important to give yourself some calm time. Ask a friend or relative to help you gather some items from around your house to make your very own Calm Box. The items should help you relax and be personal to you. We have put together some examples of what you can put in your calm box.

### Possible ideas to include in a Calm Box

Bottle of Bubbles



Colouring pencils



Fidget toys



Sensory input ideas



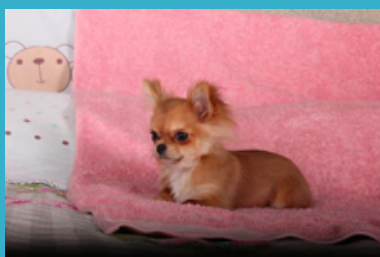
Headphones



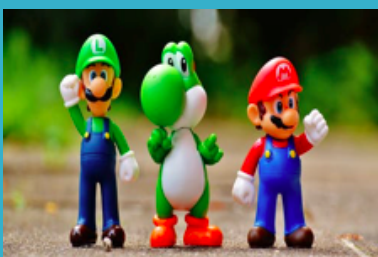
Play- Doh or Blu tack



Photo of a favourite pet or person



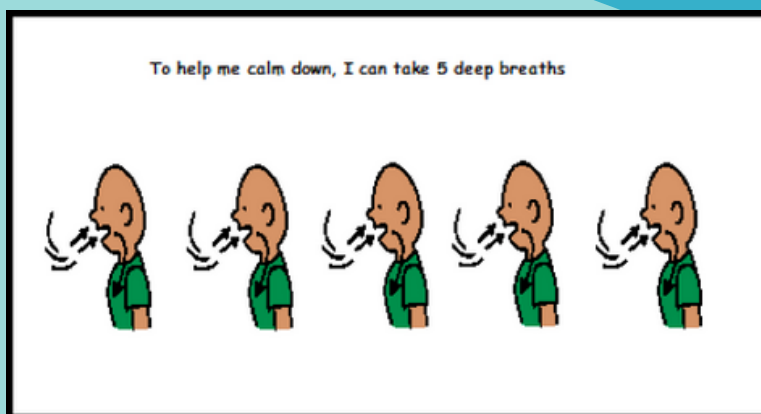
Favourite cartoon figure



Favourite comic or book



You could also try this  
'Calm Breathing Card'





# Keep Learning



## Science Fun!

### Toy Excavation

This is a great activity for a warm day. Gather a few plastic toys such as dinosaurs, animals or people together and place them in a container. Fill it with water and place in the freezer until the water turns to ice and the toys are trapped. Ease the ice block out of the container and try to free your toys. Ask an adult to help - experiment with ice and warm water to see how that helps the ice thaw and rescue your toy!



### Puddle Play

Playing in puddles is lots of fun, jumping over it and also in it! Try to draw around the outside of a puddle with chalk. Keep coming back to the puddle to draw around it as it dries up. Talk with an adult or friends, what happens to the water as the sun comes out.

You could also try to make your own stepping stones through the puddle, so you can travel through the puddle without your feet touching the water. What objects could you use from around the garden? Younger children can ask an adult for help to keep their balance.



### Melt the Ice

Place a penny in each section of an ice cube tray, fill it with water and freeze. Give each child one ice cube and see who can free the penny from the frozen ice first.



# Keep Learning

## Cool Car Games

Long car journeys can make even the most exciting holidays seem tedious. Here are some fun games you can play in the car to make the hours whizz by!



## Crazy Car Registrations

Did you know that different counties have different car registrations? For example, in Northern Ireland, cars registered in County Tyrone often have registrations with "HZ, VZ or JI" in them and in the Republic of Ireland, car registrations have the first and last letters of the county name in their registrations. Before you go away, make a list of all the areas you will be driving through, look up the registrations you might expect to see and make a checklist. You can then play as a team to find all the registrations or play against each other to see who can see the most.

**AHZ 5481**

County Code

**231-DL-6320**



## The Colour Game

Each person in the car is given a colour of a car, for example: red, blue, green, black, etc.

The first to see 20 cars of their colour wins.

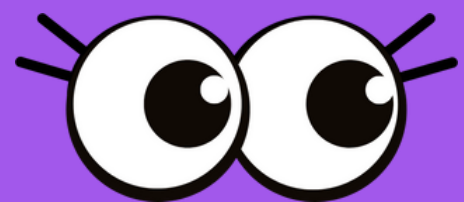
## I Can Spot a...

You can do this in a variety of ways, for example:

Can you spot a ...

- Red car/blue car etc
- Street sign which has a 30 on it/40 on it.
- Sign that has an animal ... A tractor .... A bus.... A taxi

And lots more!



## A Picnic at Home

Organise a picnic at home, whether it's at a patio table, a blanket on the grass or if it's a rainy day, on the living room floor. You could make invitations and send them to your neighbours or friends and family. Spread a little summer time sunshine and kindness!



**You could help the adults at home to prepare sandwiches or decorate some cupcakes.**

Here are some recipe ideas...



Click the image to  
find lots of fun and  
interesting sandwich  
ideas



Click here for the  
'Top 5 Cupcakes'  
recipes and ideas



Mix up a jug of this  
refreshing, still, cloudy  
pink lemonade made from  
zingy lemons and plump  
raspberries



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](mailto:primarybsp.enquiries@eani.org.uk)



# Have Fun Indoors!



## Making Gloop

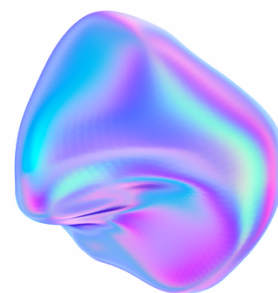
**What you need:**

cold water, 2 cups of cornflour, food colouring (optional).

**What to do:-**

- Add water to the cornflour until it becomes almost firm (ie you need to be able to mould with your hands but when you stop moulding the mixture should become runny again)
- Add more water to make it runnier and gooier.

**\*Make sure your child is wearing old clothes as this is an enjoyable but slightly messy activity.**



## Secret Agent Ink



Mix lemon juice and water.

Use a cotton bud to write on white paper and leave to dry. The writing will disappear.

To see the message you need to use a torch.



## Homemade Playdough

**What you need:**

2 cups of flour, 1 cup of salt, 1 tablespoon of oil,  $\frac{1}{2}$  - 1 cup of water (2 drops of food colouring)

**What to do:**

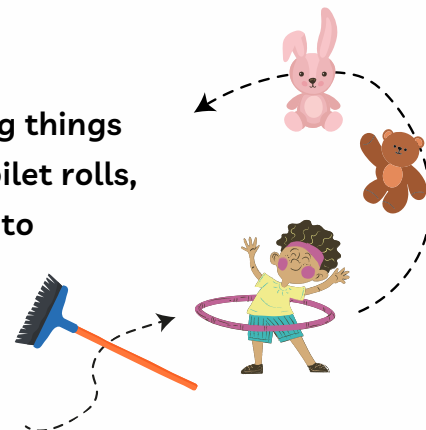
- Combine plain flour and salt.
- Add water, food colouring and oil.
- Mix until ingredients are combined.
- Knead well.
- If consistency is too wet add a little plain flour.

# Have Fun Outside!



## Obstacle Course

You can create a fun obstacle course in your own garden using things you have around the house, like brushes, buckets, blankets, toilet rolls, stuffed toys, etc! Set up a simple course and show them how to complete it. You could time them and encourage them to try and beat their previous time.



## Rolling

Find a gentle grassy slope and make sure there are no sharp objects or stones in the grass, or animal poop beforehand. Lay down at the top of the slope with arms stretched above your head. Then, roll down the hill, keeping arms and legs straight and tummy muscles tensed

## Frozen Feet

You'll need ice cubes for this game. Fill a basin or tub full of water and place the ice cubes in it. Place another empty tub or basin beside it. Set a time limit (1-2 minutes is ideal). Get the children to take their shoes and socks off and see how many ice cubes a child can move from the filled bucket to the empty bucket using only their toes! Then empty the second bin and let another child try. Whoever can move the most ice cubes in the set amount of time wins!



## Water Balloon Toss



Start by filling several water balloons. Divide everyone into pairs and give each pair one water balloon. Start close together and throw the water balloon back and forth. On each successful throw, both people take another step back. If the water balloon breaks or the pair fails to make a catch, they're out. The team that ends up the furthest apart wins!

**\*Parents remove broken bits of balloons so they can't be picked up by very small children or pets.**

# Summer Family Fun!



## Woodland Trust

Woodland Trust believes it is vital for children to experience and enjoy nature, so we share ideas to help families and teachers engage children. Whether it's through outdoor play, crafts, science experiments or wildlife spotting, our activities are a fantastic way to discover trees and wildlife right on your doorstep.



## Forest School Family

Register to become a NI Forest School Association, Forest School Family member. You will get great ideas for games and fun activities to do in you local park and other green spaces. You do not need any special equipment or have any specialised training to be become a NIFSA Forest School Family.



## Northern Ireland 4 Kids

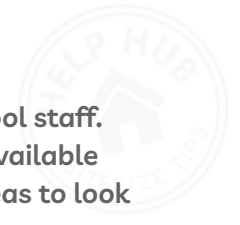
A guide to what is available for families in Northern Ireland. There is information on parenting, health, education, competitions and activities for children and families to enjoy together. The What's On Guide provides a comprehensive calendar of events across Northern Ireland.



## NHS Better Health, Better Families

This website is packed full of activities, such as the 10 Minute Shake up, easy tips, tasty recipes on a budget to benefit all the family. You can sign up to their newsletter to hear about new recipes and ways to stay active and to receive tips, tools and advice to help you and your family eat well and move more.





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!







# Summer Family Food Appeal

## Summer Family Food Appeal in Partnership with The Trussell Trust

Monday 12 June – Thursday 6 July 2023

The Education Authority (EA) launched its 3rd Summer Family Food Appeal 2023 in partnership with The Trussell Trust (Northern Ireland) which runs from Monday 12 June to Thursday 6 July 2023.

Their Health and Wellbeing Champions Committee along with EA's Charity Committee are calling on staff in schools and services to get involved by donating food items to help children and young people experiencing food hunger over the summer.

You can help in three simple steps:

1. On your next shopping trip pick up an extra item(s) from the most needed items below:

Rice, UHT Milk, Dilute, Tea, Coffee & Sugar, Honey, Red & Brown Sauce, Shaving Foam, Male & Female Deodorant, Household Cleaning Items, Tinned Fruit, Tinned Potatoes, Jam, Custard, Toothpaste & Toothbrushes.

2. Drop the item(s) off at EA Offices (Reception or Canteen Area), where there is a Green Food Bank Crate/Box waiting.

- Armagh Office: 3 Charlemont Place, The Mall, Armagh, BT61 9AX
- Belfast Office: 40 Academy Street, Belfast, BT1 2NQ
- Ballee Office: 2-6 Ballee Road West, Ballymena, BT42 2HS
- Dundonald Office: Grahamsbridge Road, Dundonald, BT16 2HS
- North West TC: 24 Temple Rd, Strathfoyle, Londonderry BT47 6TJ
- Silverwood Centre: Lough Rd, Craigavon BT66 6LX
- Omagh Office: 1 Hospital Road, Omagh, BT79 0AW

3. Place your item(s) in the crate and we thank you in advance for your donation!



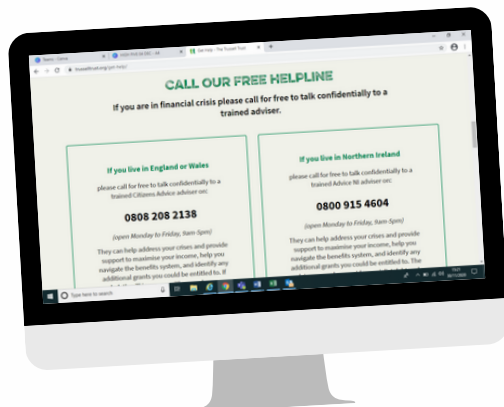
Click here for more information on 'The Trussell Trust'

Should you have any questions in relation to this 'giving back' appeal, please do not hesitate in contacting one of the EA Health & Wellbeing Service team



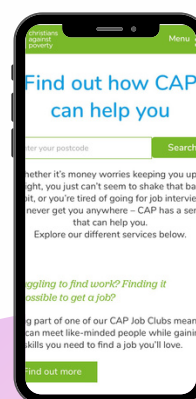
# When We Need Support

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.

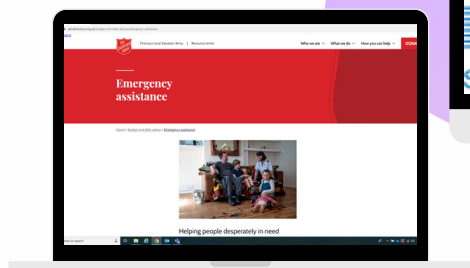


Click here

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.