

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

Issue 25: Friday 04 JUNE 2021

High Five

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. Have you ever heard the saying, "problems are opportunities in disguise"? What does it mean? It means that when we have a problem, we can see it as an opportunity to learn and to come up with new ways of thinking or doing something. In this issue of HighFive we are focusing on how to be a Problem-Solver!

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.**

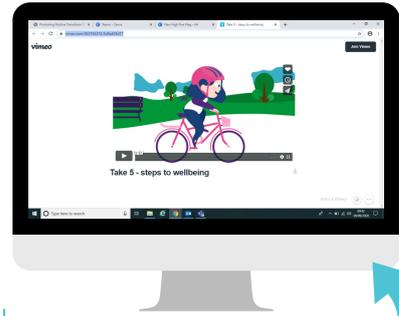
Solving Problems - Resilience

Click on the link to watch a short video about how being resilient can help us to stick with it and keep trying until we solve a problem.



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 a problem solver



Corran Integrated Primary School have been coming up with lots of ideas to be problem solvers! Here are their top tips!

Identify your problem, think of some solutions, give it a try!



P2 had a problem when all the animals escaped from their mini zoo! They had to think creatively as a class and be good problem-solvers to get all the animals back.

Stay Calm like Pigeon Number 1 to think clearly



Stick at it, even if it's tough. We just haven't found the animals...yet! But we can keep looking!

Sleep on it! Sometimes problems don't seem so big the following morning after a good rest.



Work as a team because sharing ideas is fun and our friends can help us.

Try and think of it a different way. Maybe we can get the animals to come back with tasty treats or make a new zoo with pools and bridges so they want to come back?

Think about a time in the past when you overcame a difficulty and try the same idea again!



Be a Problem Solver

The water escapes when the drainpipes don't link. How can we fix that?

P1 were challenged to create a water slide that would make the water flow down to the tuff spot on the ground using guttering and stands of different heights.

Problem: The drain pipes keep falling.

Solution: We can put the stands closer together at the joins.



How P6 solve problems

P6 discussed different strategies we can use to problem solve.

We agreed that we use these skills everyday and in many different situations. From completing Numeracy tasks, using ICT and even playing games!

Be a problem solver!

First, 'can the problem be looked at in different ways.' Jacob Brainstorm!

Next, 'if your first idea doesn't work, try another way.' Phoebe

Finally, 'don't be afraid to ask for help.' Emily

'Remember the power of YET!' Kadeisha

P3 practised solving problems by gathering all the facts first!



Break your problem down into smaller parts and deal with each chunk, one at a time

P7 put their problem-solving skills into practise during their Numeracy lessons



Keep Learning

Did you ever come across a problem? How did you overcome it? Here are the 5 steps to problem solving. The next time you have a problem why not try these out.

- 1.** Identify the problem. Just stating the problem out loud can make a big difference when we are feeling stuck.



- 2.** Think of at least two possible solutions. Brainstorm possible ways to solve the problem.



- 3.** Identify the positives and negatives of each solution.



- 4.** Pick a solution.



- 5.** Try it out.



If the solution doesn't work, then try doing it a different way.



Don't be afraid to ask for help, as this is how we all learn!

Games that include problem solving help us to think about a problem in a different way and have fun while solving it.

Animals Match

Before you begin to play this game write on individual pieces of paper the names of animal pairs, one name on each slip. Everyone who wants to play is given a piece of paper and reminded they can not share which animal name they have received. Everyone then moves around performing activities their animal might do. The goal is for everyone to get into pairs successfully in a set amount of time without talking or making any noises. You could try to act out the animal in the following ways. The way they:



Walk or run

Eat and
drink

Sleep

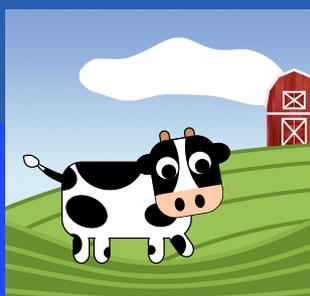
Clean or
groom
themselves

You could choose animals that live in different habitats such as...

In a jungle



On a farm



In the desert



Take Notice

When we are being a problem solver it's important to take time and take notice. Are our ideas making our problems bigger or smaller? Click on this link to hear Oliver Jeffers read his story *Stuck*. In this story you will hear about Floyd who tried to solve a problem...but he didn't notice that all the things he tried were actually making the problem bigger, not smaller!

Click Here



Is this making the problem bigger or smaller?

Next time you face a problem at school or at home stop and take notice. Are you being a problem solver or are you being like Floyd in the story and making the problem bigger? Would it help if you stopped something? Would it help if you tried something different? Who could you ask to help you?



Take Notice

Have a look at the problems on this page and talk with a friend or in your class about ideas to solve these problems. Then check the ideas by asking..will this make the problem bigger or smaller?

Is this making the problem bigger or smaller?

I was left out of the games at break

I can't remember what we are meant to do for homework tonight

Somebody else isn't playing our game correctly

Reading is hard for me because I keep mixing the words and letters up

My friend is playing with somebody else today

Somebody in my bubble keeps saying mean things to me and I am getting annoyed



Think about any problems that you have encountered this year. Who helped you to solve them? Do they know that they helped you?



Make a list of all the people who have helped you - with big problems or small ones!

Now that you've worked out who has helped you to solve problems, maybe you'd like to thank them somehow. Below is one idea that you could try, or maybe you have your own ideas about how to let them know they helped!

Make a "You're an excellent problem-solver" certificate and give it to somebody who helped you.



Touch it quick!

Take it in turns to call out a colour or a description of an object, such as something that is round or something that is made of wood. Everyone must then go and find an object in the playground that fits the description and get to it quickly!



Touch something white



Touch something made of wood



Touch something smooth



Touch something blue



Touch something that is heavy



Touch something shiny



The first person who finds something can have the next turn. Make sure everyone gets a turn to have a go!



Our Learning Journey

Class 15, in Ceara School, enjoy a joint lesson with class 13 while staying safe in their class bubbles.

'The thought of collaborative lessons was quite daunting at the beginning of the year but with weekly Key Stage Assembly and whole school assembly zoom lessons have become the norm and the new way for our pupils to learn together.

We have been using our ICT equipment to the max with amazing videos using green screens with iMovie, pic collages for our website news pages, seesaw to communicate with parents and lessons on zoom'.



This year has been an amazing journey of learning!



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

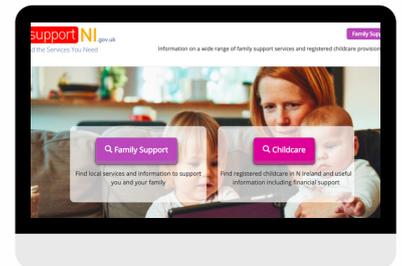
Family Support



Family Support NI

Family Support NI is an online directory of local family support service. It provides a support service which includes:

- access to specific family support service, help or advice
- providing parents information on childcare and related financial support
- frontline staff to help parents get up-to-date information on the location of family support services



Click here for more information

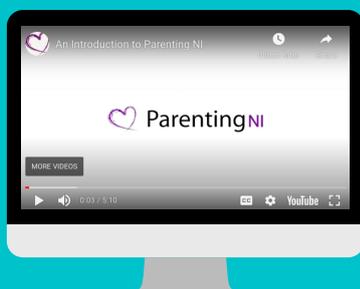
Parenting NI

Parenting NI provides free support to parents in Northern Ireland. Parenting NI is committed to supporting all parents and ensuring that their voices are heard whenever decisions are made that will affect them. They deliver a range of high quality support and services to meet parent's needs including:

- A Support Line - Listening to you and offering reassurance on freephone 0808 8010 722
- Programmes and workshops for parents
- Family Support Services
- Parental Participation - allowing parents to have their say on issues affecting them.



Click here for more information



Watch a short video about Parenting NI here

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

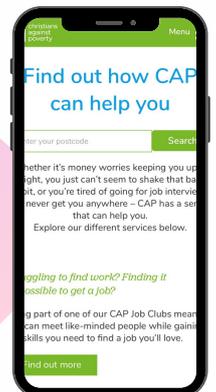
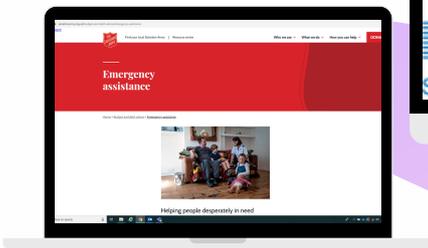
The Trussell Trust website has links to several foodbanks in Northern Ireland. They also have a dedicated Financial Crisis Helpline for families who are in financial difficulty.

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 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 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.](#)

