

High Five



NEXT STEP



Primary Behaviour Support & Provisions 



Taking the Next Step

This resource has been designed to help you get ready for the next step in your life. It has some good ideas which will let you say goodbye to your primary school and prepare you for the move to your post primary school.

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. All the more important as you move on to something new!


How to use...

For our P7s

This resource is all about talking! Think about who you could talk to about this next step. Maybe a brother, sister or cousin who already goes to your post primary? Maybe your parent or another grown up you trust? Talk to these people about the ideas we have shared.

For our Grown Ups

This resource is all about talking! Use the ideas to start conversations with your child about this next step. Talking helps! Find out how your child feels about the move. Share their excitement and if your child has any concerns acknowledge these and then work together to find solutions.



When you see a speech bubble, it's time to talk!



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.



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.



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.



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.



**Take
Notice!**

Mixed Feelings

When you are leaving primary school it's normal to have mixed feelings. This just means you can feel excited and scared all at once! It's exciting to look forward to a new start and there will be things about post primary you are looking forward to. At exactly the same time you will feel nervous about some of the things that will be different. Take notice of how you are feeling about different parts of the next step and then talk about it.

**I'm looking
forward to...**

...tell a grown up or
an older brother /
sister about what
you are excited
about.

...tell a grown up or
an older brother /
sister about
something you are
nervous about.

**I'm not
sure about...**



Hopefully working through this resource will help with what you aren't sure about. As you work through the activities, note down on the helping hand all the people who will be able to help you take the next step.



**Take
Notice!**

Remember...

Reflect

First allow yourself to take time to reflect on your life in primary school. This just means remember what happened and think about how you felt. Then take notice of how you feel when you think about these things. Seven years is a long time. Some memories will be happy and some will be sad. That's ok, they are all important.

Look



Look at some photos of yourself when you were 4 years old. Take notice of how much you have changed since then.

Think about how much you have learned since you started primary school. You have achieved so much!

Share

Talk to someone about the things you have learned from reflecting and looking back. Share memories from primary school and how you much you have changed over the last seven years.





Take Notice!

Take notice of you

When you finish share this with a friend or someone in your family - would they add anything?

You have already noticed that you have changed a lot since you started primary school. Take time to think about what you are like now as you get ready to start post primary school. Make notes, draw pictures, take photos and keep this somewhere safe to look back on when you leave post primary. Here are some ideas to get you started...

My friends right now

How do I learn best?

Things I find easy

Something not many people know about me

Things I find tricky

Make a collection of photos from your life right now

My favourite things, for example...food, chocolate, TV shows, music, etc

New things I want to try

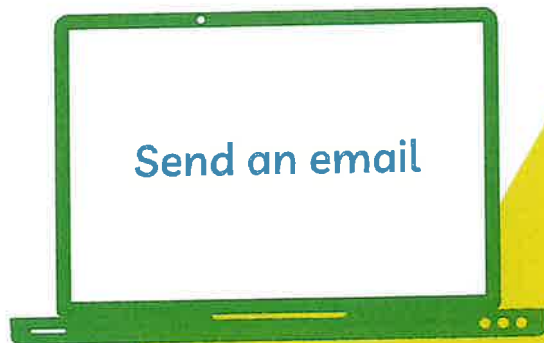




Give!

Send kindness

Share happy memories with your friends and staff from primary school. Tell them how much you have enjoyed being in school with them!



...talk about ideas to keep in touch with friends who are going to a different school.



Connect!



New Friends

The first day of post primary is always strange because you meet lots of people for the first time. You don't know them yet - but you soon will! Just remember everyone feels the same way. Here are some good ideas to help you when you meet new people!

Join a club
once they are
up and running

Talk about
your interests
and ask about
theirs

Start a
conversation -
people will
appreciate you
trying

...talk to someone
in your home and
think up some
useful questions to
ask new friends.

Smile and
introduce
yourself

Say nice
things

Arrange to
meet at break
or lunch

Keep Learning!



School Info

Your new school will probably send you out an information pack. They will also have a school website. Use these to learn about your post primary school, then mark off on the checklist what you have learned :

Is there anything else you would like to know? Talk about this and add it to the list!

- | | | | |
|--------------------------------|-------------------------------------|----------------------------|-------------------------------------|
| Clubs I might be interested in | <input checked="" type="checkbox"/> | Map of the school building | <input checked="" type="checkbox"/> |
| Time school usually starts | <input type="checkbox"/> | Example of timetable | <input type="checkbox"/> |
| Subjects I'll have | <input type="checkbox"/> | Name of Year Head | <input type="checkbox"/> |
| Uniform | <input type="checkbox"/> | Equipment list | <input type="checkbox"/> |

If you are still unsure about something... ask! Send school an email and they will be able to help you.



Be Active!

Take your mind off it!

It's good to spend time thinking about your next step but make sure you give your mind a break and do other things! Here are some ideas...

Go for a walk
with your family

Stand outside
and stretch as
tall as you can

Make a playlist
of songs and
enjoy a good
dance!

Do some arts
and crafts

Lie on the floor
and stretch as
wide and long as
you can