

Journeying Together: With Your Class



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Welcome to High Five!

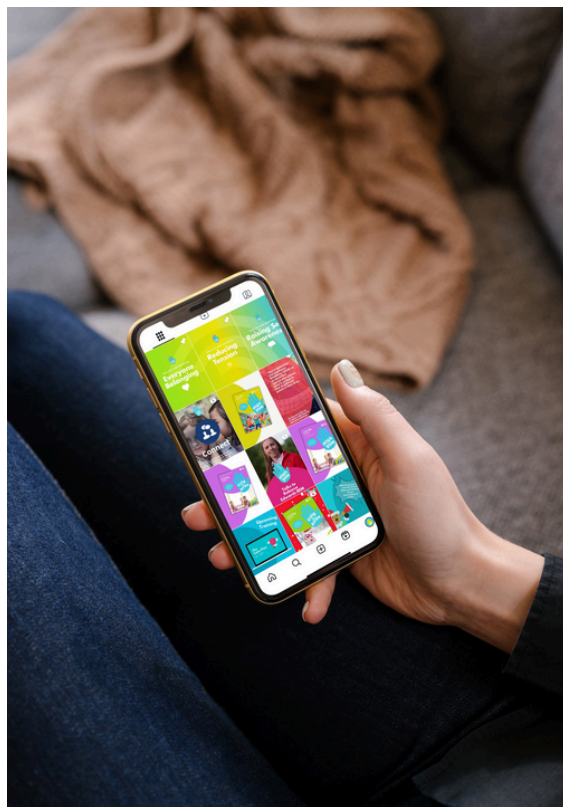
The people you go to school with are those who you will remember for the rest of your life! In this issue all the activities are designed to take notice and enjoy all the people in your class, on the learning journey with you.

Our activities are based on the Take 5 Steps to Wellbeing model developed by the Public Health Agency (PHA) and everything we develop is underpinned by three Core Principles - everyone belonging, reducing tension and raising self awareness.

This term our magazine themes are all considering what it means to Journey Together and in this issue we invite you to look back on some of our favourite activities from the first 100 High Five Magazines.

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.**

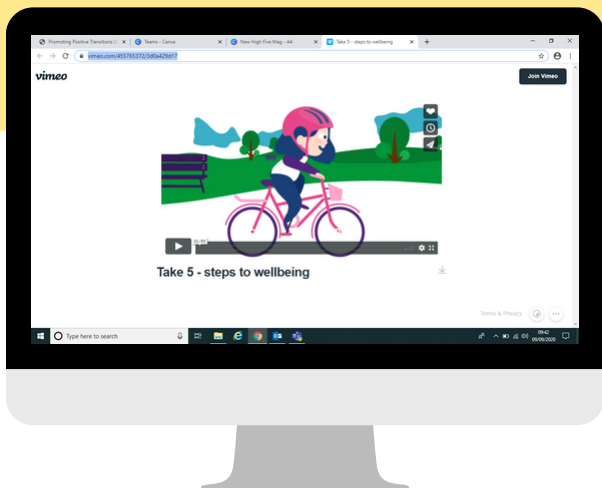


For more ideas visit [ea_highfive](#) and check out the HF Friday highlights. Follow EA_HighFive on instagram Scan the QR code:



Term 1

The theme for High Five from September - December 2025 is Journeying Together. All of the High Five activities for children and professional learning for staff are designed to ensure everyone in our school community knows that they belong here in this group. We want everyone to know that they are not alone in their journey within education.



Take 5

In each issue we share activities and good ideas linked with each aspect of Take 5 Steps to Wellbeing - Be Active, Connect, Take Notice, Give and Keep Learning. [Click here](#) or on the image to find out more!



High Five is underpinned by three core principles:
Everyone Belonging
Reducing Tension
Raising Self Awareness
[Click here](#) or on the image to find out more!



Core Principles

Journeying Together

With Your Class

Going through the school year is like going on a big adventure with our class family. We learn new things, face challenges together, make new memories and celebrate special moments side by side. Just like a family, we can look out for each other and cheer each other on. Sometimes the journey can be tricky but we stick together and help each other along the way. By the end of the year, we will have grown a lot - not just by ourselves, but together!



Can you work together as a class to make a piece of shared art?
Everyone designs their own handprint or puzzle piece which can be displayed all together in your classroom as a reminder that each person is an important and unique part of your class team!



Click here to listen to 'Our Class is a Family' by Shannon Olsen



Click here to access the High Five Resource Hub

With Your Class

A Class Plan is something that you can create together with your teacher to make your class a happy and safe place for everyone. When you make the plan together, it's important that everyone's voice is included so everyone can play their part in making the classroom a great place to learn and grow.

Our Class Plan

What kind of class do we want to have?

friendly

fun

safe

How will we support each other to achieve this?



Be Active



Every day is a new opportunity to learn something different and amazing. We can have treasure hunts around the classroom to find new facts, race each other in math games, and even become story detectives as we read books. During break, we have the chance to run, jump, and play, keeping our bodies and minds active. By helping each other and working together, we create a team where everyone's discoveries are celebrated.

Remember, this journey through the school year is not just about reaching the destination, but about enjoying every step along the way, making new friends, and learning incredible things together. Let's make it an adventure to remember!



Fitness Fun Challenge

Create a 'Fitness Fun Challenge' with your classmates! Start by setting up a series of playful exercises that everyone can enjoy together. You could have a jumping jack contest, a mini obstacle course, or even a dance-off to your favorite songs. These activities not only get your heart pumping but also bring lots of laughter and smiles to your class.

To make it even more exciting, you could create a 'Fitness Passport' where you earn colourful stickers or stamps for completing each activity. As you collect stickers, you can see your progress and feel proud of your achievements. This is a fantastic way to stay active, encourage teamwork, and make new friends while having lots of fun. Remember, staying fit and healthy is not just about exercise - it's about having fun and enjoying the journey together!



[Click here to access more ideas to Be Active](#)

Connect

Think of the school year as a big, exciting journey where we all travel together, like a team of explorers!



Kindness Calendar

One of the best ways to build positive connections with others is by creating a 'Kindness Calendar.' Here's how it works:

Each day, we can all do something kind for someone else. It could be as simple as giving a smile, sharing a toy, or helping a friend with their work. We can write down each act of kindness on our calendar and watch it fill up with colorful notes and drawings. This way, we'll see how one small act can make someone's day a little brighter.

You could create a class display calendar to show all the ways you spread kindness at school



'Conor asked me to play'

'Peter and I helped each other'

'Abby made me laugh to cheer me up'

As we journey together, these small acts of kindness will help us grow closer, making our classroom a happier, friendlier place for everyone. With each new day, we'll learn more about each other and ourselves, creating a supportive community where everyone feels valued and included!

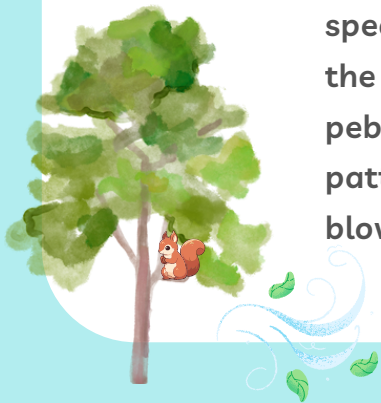


Click here to access more ideas to Connect

Take Notice



Let's kick off the school year with an exciting outdoor activity! Gather your classmates and teachers, and head to a nearby park or the playground. Instead of hunting for treasure or specific nature items, focus on simply enjoying the environment around you. Notice the smooth pebbles underfoot, the leaves with interesting patterns, or the sounds made by the wind blowing through the trees.



Capture Nature

Work together in small groups to explore and appreciate the different sights, sounds, and smells around you. Maybe you'll spot a squirrel scampering up a tree, hear the rustling of leaves, or capture photos of your surroundings to share with the class later on.



This activity not only helps you appreciate the outdoors but also encourages teamwork and creativity. And the best part? You'll be having so much fun that you won't even realize you're exercising!

Remember, every step you take is a chance to learn something new and make wonderful memories with your friends. Enjoy your time outside!



Click here to
access more ideas
to Take Notice



Keep Learning

The new school year is an exciting journey, where we're all explorers on a big adventure! As we travel together, let's pay attention to ourselves, each other, and the beautiful world around us. We can use our kindness, curiosity, and creativity to make each day amazing!



Kind Steps



Start by noticing how you feel each morning. Are you excited, sleepy, or maybe a little nervous? It's okay to feel different each day, and sharing those feelings with friends can help us understand and support each other.

As we learn and play together, let's also remember to look after our friends. If someone seems sad or left out, a smile or a friendly word can make a big difference. We're all part of the same team, and taking care of each other makes our journey more fun and meaningful.

So, let's make this school year a great adventure, full of learning, friendship, and discovery. Together, we can notice and celebrate all the wonderful things around us, making each step of our journey special!

Would you
like to sit with
me today?



Click here to
access more ideas
to Keep Learning

Give

This school year, let's embark on a wonderful adventure together, where we not only grow and learn but also find ways to nurture ourselves and others. Imagine it as a year-long treasure hunt, where each day brings a new opportunity to discover something special.



Discovery Days

One exciting idea is to plan "Discovery Days."

Each month, we can come up with little adventures and activities, both for ourselves and for those around us. For example, one day you might decide to draw a cheerful picture and share it with a friend, or write a thank-you note to a teacher who inspires you. On another day, you might enjoy some personal time by reading your favourite book or taking a peaceful walk in nature, because taking care of yourself is just as important!

As we journey through the school year, these small moments of discovery will help create a warm and supportive community. You'll start to notice how good it feels to make someone smile, and how a little effort can brighten even the cloudiest day. Plus, you'll be learning valuable lessons about empathy and generosity, which are just as important as math and science.

So, let's fill our school year with joy and discovery, finding new ways to give and grow together!



Click here to
access more
ideas to Give





Parent Hub



The Parent Hub is a section especially for the grown ups at home. In each issue we'll share helpful tips and good ideas.

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

E is for Empathy

Take time to connect with your child's feelings. Saying things like 'I know this is really hard for you' lets them know you understand. Commenting during happy times - 'When I see that big smile on your face I can tell you're proud of yourself and it makes me so happy' will add positivity to their day and build on their understanding of emotions.



F is for Flow

When children are completely absorbed in an activity their brains are in 'flow' – the perfect state for learning. If the activity is enjoyable but a little challenging (like building models, completing jigsaws, doing sports) then they will also feel a great sense of achievement.





Staff Hub



Sunshine Circles

Sunshine Circles are based on Theraplay Informed Activities and are excellent to support felt safety and build connections within your class. In term 1 we are sharing core sunshine circle activities for you to use with groups of children of all ages. Each sunshine circle includes a structure activity, engagement activity, nurture activity and challenge activity.

- Pass the hula hoop around the circle, with everyone holding hands then climbing through and passing to the next person
- A clapping rhythm - give some suggestions then let others create their own
- Simon Says
- Row your boat

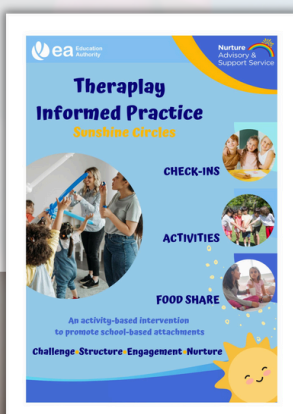


Upcoming Nurture Training Available

Connect and Nurture (CAN)
8th October 2025
11:00am - 12:00pm



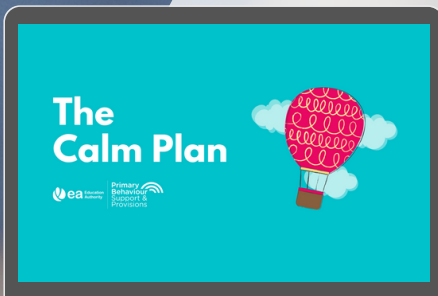
Theraplay Informed Practice - Activities to build attachment
15th October 2025
11:00am - 12:00pm



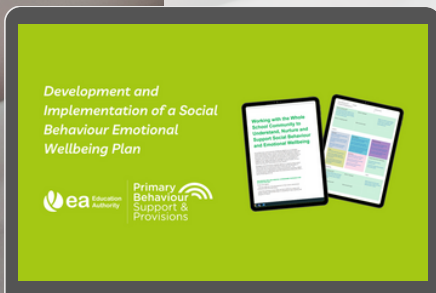
[Click here to access further training information from the Nurture Advisory & Support Service](#)

Core Planning

There are two core planning models schools can use to guide support for pupils presenting with SBEW needs. The Local Impact Teams provide live online training sessions on each of these throughout the year. Click on the images below to book. Click on the Planning Glossary for more detail.



Developing a Calm Plan
21 October 2025 2:00pm - 3:45pm
27 November 2025 2:00pm - 3:45pm



Development and Implementation of a Social Behaviour Emotional Wellbeing Plan, Incorporating the Pupil's Voice
14 October 2025 2:00pm - 4:00pm

Online Sessions

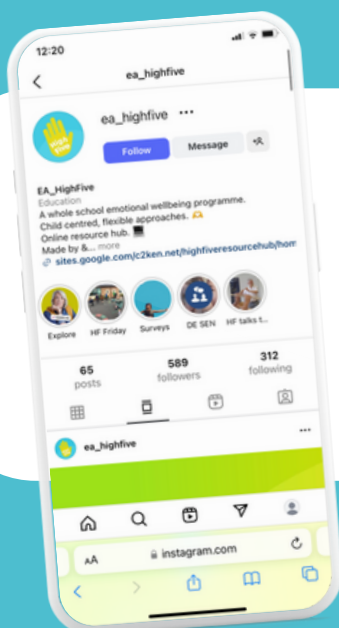
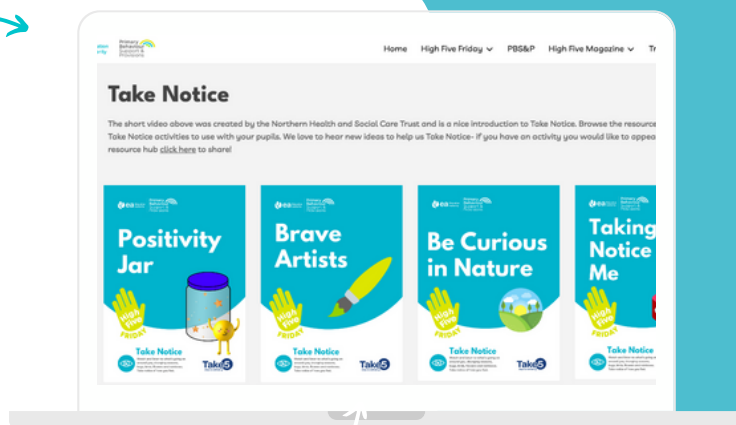
[Click here to see all SBEW training available this year from Local Impact Teams](#)

High Five Access More

Access High Five at any time!



Click on the image above or
scan the QR code to visit the
High Five resource hub



Follow High Five
on Instagram



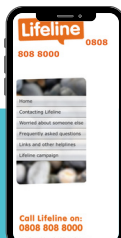
Supporting Together

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.

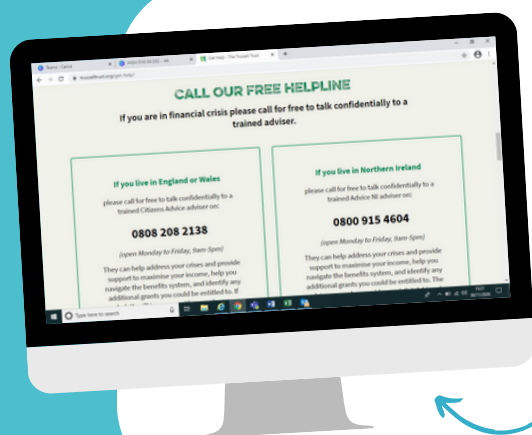
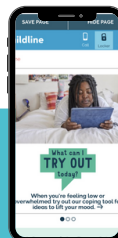
ParentLine NI



Lifeline



Childline



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

Scan the QR Code



The Salvation Army, St Vincent de Paul and Christians Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.

