

# Journeying Together: The Magic Decade



# High Five



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# Welcome to High Five!

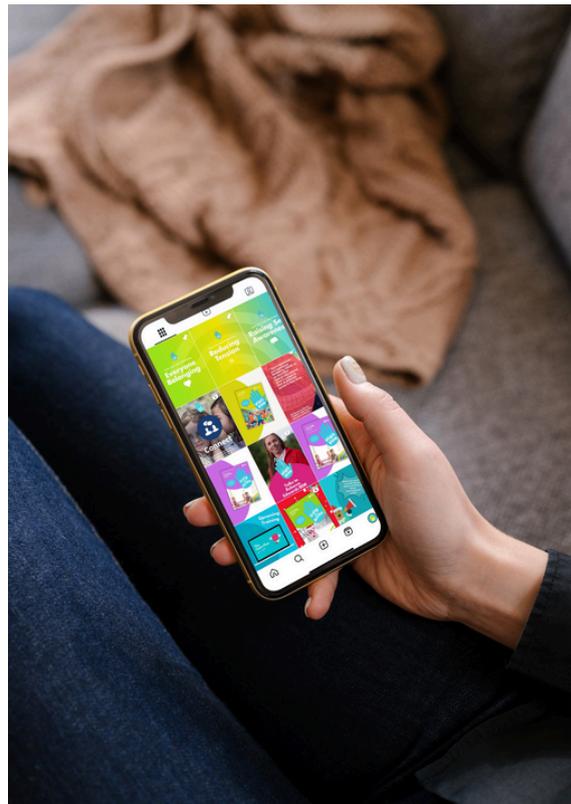
Welcome back to High Five. We're still just at the start of the journey through this school year. Some of your pupils might be starting their first full days and some classes might even have a full set of pritt sticks with lids!

In this issue we want our children to consider where they are on their journey through the magic decade and who has been with them along the way.

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.

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.**

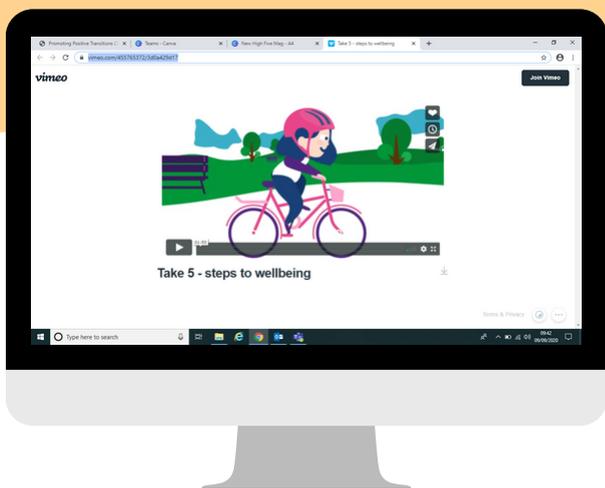


For more ideas visit [ea\\_highfive](#) and check out the HF Friday highlights. Follow EA\_HighFive on instagram Scan the QR code:



# 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!

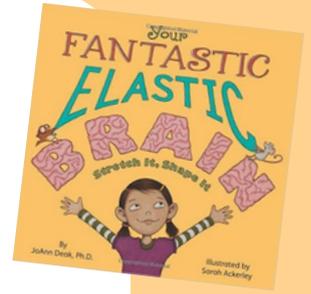


## Core Principles

# Journeying Together

## The Magic Decade

Did you know that your brain is like a superhero in training - getting stronger every day? From the moment you are born, your brain has been getting stronger as you learn new things. In fact, the period from 0-10 years old is known as The Magic Decade - a special time when your brain is growing faster than ever.



Click here to find out more about how your incredible brain grows!



And you have the power to make your brain do amazing things! Just like exercising our bodies can make our muscles get strong, learning something new is like a workout for your brain. The more you learn now, the more powerful your brain becomes for life!

## Magic Decade Timeline

Where are you in your magic decade? Maybe you're near the middle or you might have already turned 10 years old. No matter what age you are, it's important to take a look back at how much you've learned so far. Create your own timeline to showing what you could do when you were younger, what you can do now and some skills that you would like to learn. Whether its learning to talk, draw, read or ride your bike - remember that every skill is a sign of your amazing brain power!

When I was a baby/in nursery, I could...



Now I am \_\_\_\_, I can...



Next, I would like to learn...



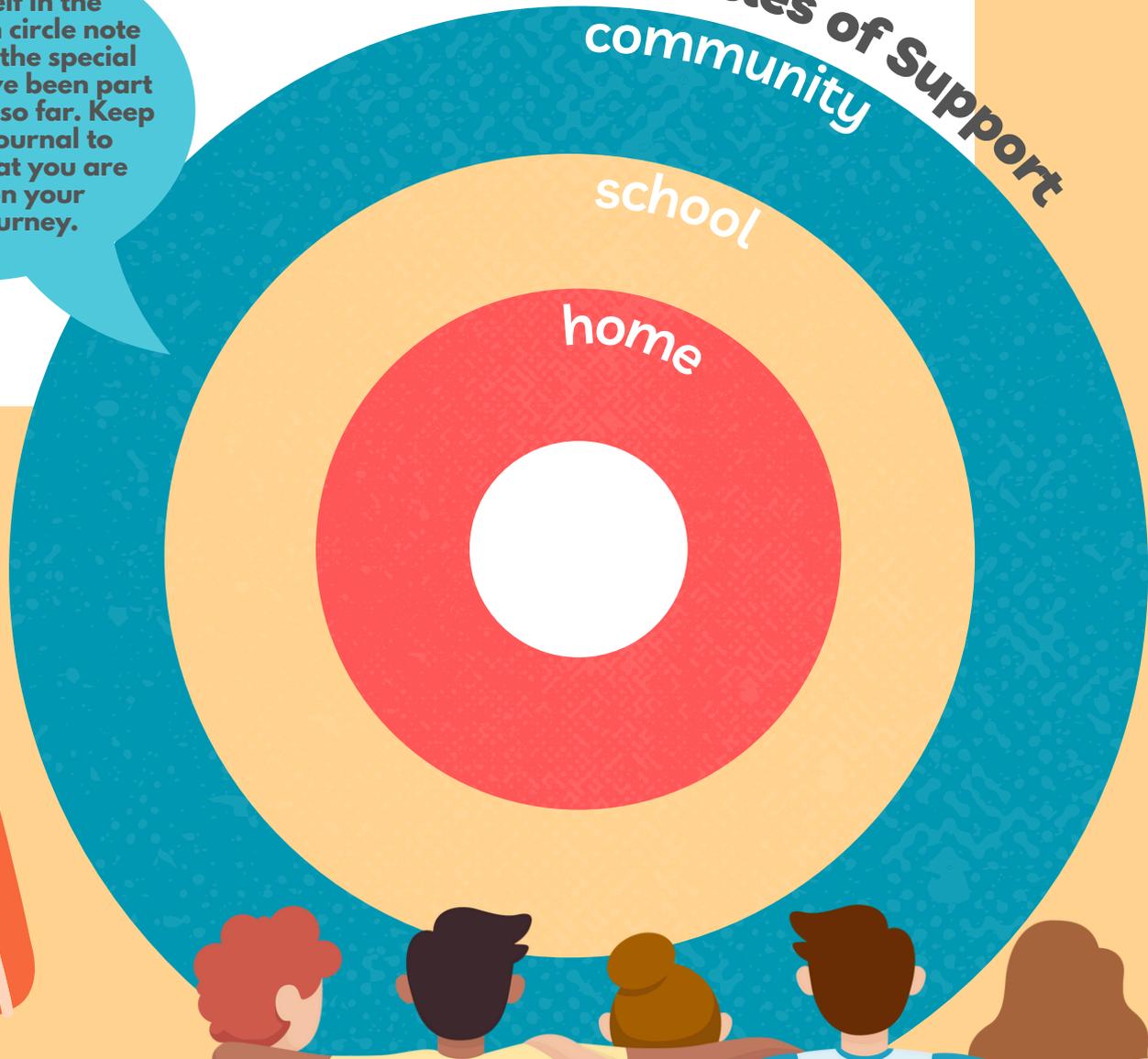
# Journeying Together

## Who Journeys With You?

As we journey through our Magic Decade, we all have special people who help us to learn and grow. Asking for help and learning from others is a powerful and important way to strengthen and grow your brain. Think about people who support you at home, at school and in your community. It could be your family, teacher, classroom assistant, friends, neighbour or football coach.

Draw yourself in the middle. In each circle note down some of the special people who have been part of your journey so far. Keep this in your journal to remind you that you are not alone on your learning journey.

### My Circles of Support



# Be Active

Being active from a young age is super important because it helps your body grow strong and healthy. When you run, jump, and play, your muscles and bones get stronger, which helps you stay fit and full of energy. Playing also helps your heart become stronger, just like how practicing makes you better at riding a bike or drawing.



# Colour Tag

‘Colour Tag’ is a fun and easy game that everyone can enjoy. Here’s how you play:

‘First, one person is chosen to be "It." This person will stand in the middle of the playground and call out a colour. Everyone else has to quickly find something of that colour around them and touch it. It could be a piece of clothing, a toy, or even a painted line on the ground.

If you can’t find anything of that colour in time, “It” can tag you, and then you become the new “It.” The goal is to be quick and find the colour before you get tagged.

Remember, it’s all about having fun and paying attention to the world around you. Enjoy the game and make sure to cheer for your friends too!

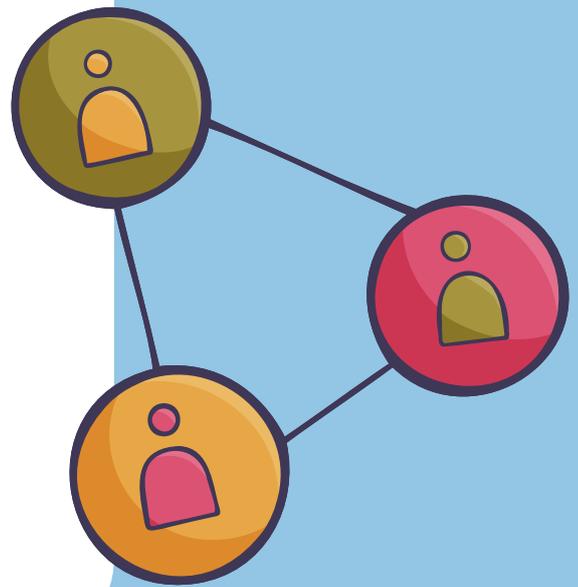


[Click here to access more ideas to Be Active](#)

# Connect

Building relationships when you're young is very important. Your heart and mind are ready to welcome wonderful experiences. Spending time with family, making friends, and learning to share and care helps you develop kindness, trust, and happiness. These experiences become strong foundations that help you feel safe and loved.

When you play with others, say "thank you," or help someone in need, you strengthen these connections. As you grow, these relationships become strong and supportive, providing comfort in your life. They help you to understand others, solve problems together, and enjoy being part of a team.



## Friendship Circle

One great way to help build positive connections in school is through a 'Friendship Circle' activity. In this activity, everyone sits in a circle and take turns sharing something about themselves, like their favourite hobby or a fun fact. This helps to learn about each other and find common interests.

My favourite hobby is swimming



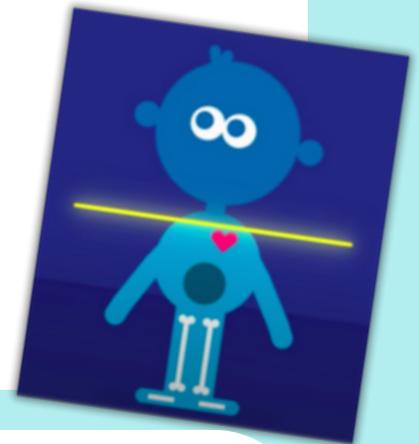
Click here to access more ideas to Connect

# Take Notice



When you're little, you start to learn about the world and yourself. It's super important to pay attention to your own feelings. This helps you understand who you are and what you need, making you feel more confident and happy.

'Mindful Moments' is a fun and simple activity that helps us learn to pay attention to ourselves and the world around us. Here's how it works:



## Mindful Moments

**1** Find a Quiet Spot: Start by finding a cozy, quiet place where you can sit comfortably without distractions.

**2** Deep Breaths: Inhale slowly through the nose, hold for a moment, and then exhale gently through the mouth. This helps you to feel calm and focused.

**3** Body Check-In: Notice how your body feels. You can close your eyes, if you like. Are your toes wiggly? Is your tummy making any sounds? This helps you to become aware of your own body and how it feels.

**4** Listening Ears: Next, open your eyes and use your 'listening ears' to hear the sounds around you. Is there a bird singing? Can you hear the wind blowing? This helps us to become more aware of their environment.

**5** Sharing Feelings: Afterward, come together and share what you noticed. Did something make you feel happy or curious? This encourages us to express our feelings and understand others.

Click here to  
access more ideas  
to Take Notice





# Keep Learning

From the time you are born until you are 10 years old, your brain is like a sponge, soaking up everything around you. This is a special time when you can learn so much about the world and yourself.

As you explore new things, you'll discover what you enjoy and what you're good at. Whether it's drawing, building with blocks, or figuring out puzzles, each new skill helps your brain grow stronger. Learning is also about understanding other people and how they feel. By paying attention to your friends and family, you learn how to be kind and helpful.

## Rainbow of Discovery

Remember, every time you learn something new, it's like adding another colour to your rainbow of knowledge. So, keep asking questions, exploring, and trying new things. Your brain will thank you, and you'll have lots of fun along the way!

So, keep your curiosity alive and never stop asking "why" and "how." You're on a wonderful adventure of discovery, and each day is a new chapter in your story!



Click here to  
access more ideas  
to Keep Learning



# Give



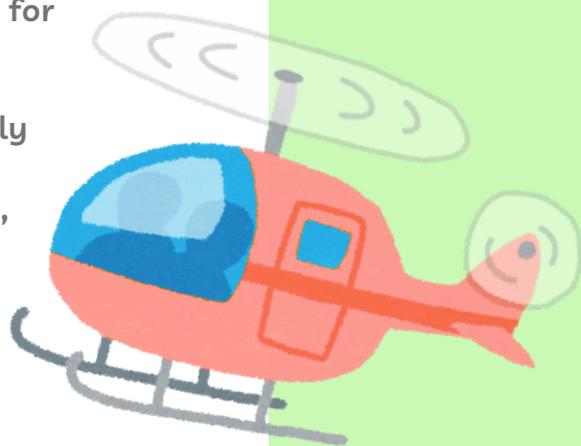
Giving is like sharing a piece of your heart with the world, and it's something amazing you can do from the very start! Imagine you have a magical box filled with kindness and smiles - each time you give, you open that box and spread warmth all around.

When you share your toys with a friend, or help a grown-up with a small task, you're making their day brighter. Giving to others and to yourself, is helping to build a world where everyone feels loved and valued. So, keep that magical box open, and watch how the world blossoms with every little act of kindness you do.

## EA Charity of the Year

The EA's first ever 'Charity of the Year', as voted for by staff, is Air Ambulance NI.

Schools can find out more about the region's only helicopter emergency medical service, Air Ambulance NI, by signing up to the 'Helimed Ed.' resources. They hope to inspire and raise awareness amongst children around Air Ambulance NI through a range of activities. It may even inspire someone to become a pilot, doctor, paramedic, engineer, charity worker or even a volunteer in the future!



Schools can click here to register their interest in the Helimed Ed. resource pack.



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!

## C is for Co-Regulation

Young children need help to manage and regulate their emotions. By staying calm, helping them figure out how they feel, and showing them how to relax, you will be teaching them how to soothe and regulate themselves in the future.



## D is for Developmental

Some children are more able to handle their emotions than others, regardless of what we would expect for their age. Really thinking about how well your child is able to control their impulses and relate to others will help you respond to them in a nurturing manner.





# Staff Hub



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!

# 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.

- Charades – individual or group, you can also use a theme like animals or a hobby.
- Balloon tennis - Keep balloon in the air by using specific body parts: heads, hands, no hands, shoulders and so forth.
- Eye Contact Swap - When you make eye contact with someone, change places. Everyone should be seeking eye contact at the same time and then trading places when they make a connection.
- Use of the Parachute as a class and have fun!

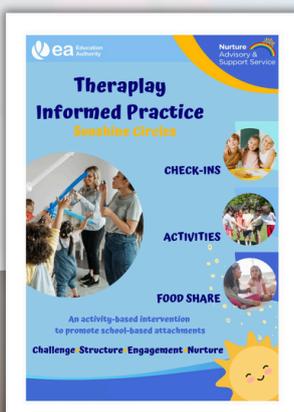


## Upcoming Nurture Training Available

**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](#)

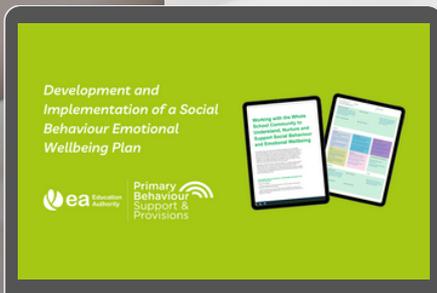


# Core Planning

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 both of these throughout the year. Click on the images below to book. Click on the Planning Glossary for more detail.



**Developing a Calm Plan**  
**22 September 2025 2:00pm - 3:45pm**  
**21 October 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**

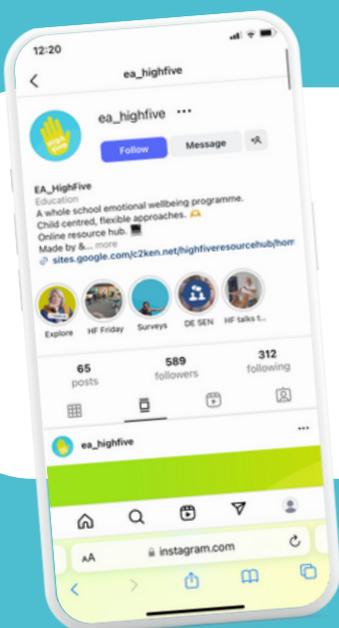
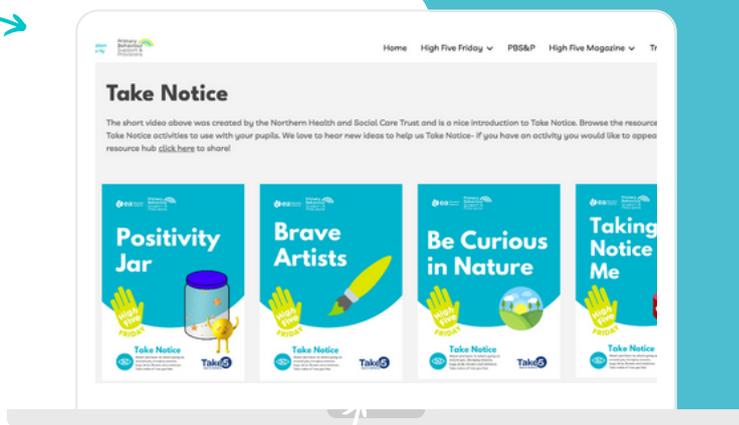
[Click here to see all SBEW training available this year from Local Impact Teams](#)

# 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



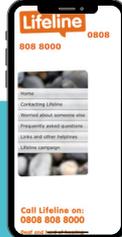
# Supporting Together

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.

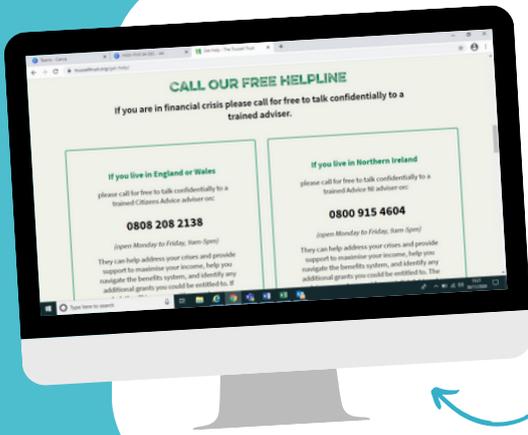
ParentLine NI



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.

