



Primary
Behaviour
Support &
Provisions



An Introduction to High Five Friday & Take 5 Steps to Wellbeing





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Background

- High Five Magazine
- Take 5 Steps to Wellbeing
- Education Restart
- Children & Young People's EHWP in Education Framework (Feb 2021)
- Draft Mental Health Strategy (Consultation)
- SEN Resource File – SBEW Insert
- A Fair Start (May 2021)

Take5
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Connect



Be Active



Take Notice



Keep Learning



Give





Welcome!

An Introduction to Take 5 Steps to Wellbeing





Background of Take 5

- Interest in promoting public health
- Some progress on physical health promotion
- Increasing focus on mental health promotion
- 2008 the New Economics Foundation (NEF) developed a set of evidence-based actions to improve personal wellbeing. 'Five Ways to Wellbeing'
- 2015/16 – 'Take 5' branding developed by Belfast Strategic Partnership was agreed regionally
- 2016 to Present – promotion of Take 5 Steps to Emotional Wellbeing.





Why Take 5?

- Take 5 is a preventive approach
- Mental health literacy
- Breaks stigma and taboo
- Promotes personal responsibility
- Simple approach to implement



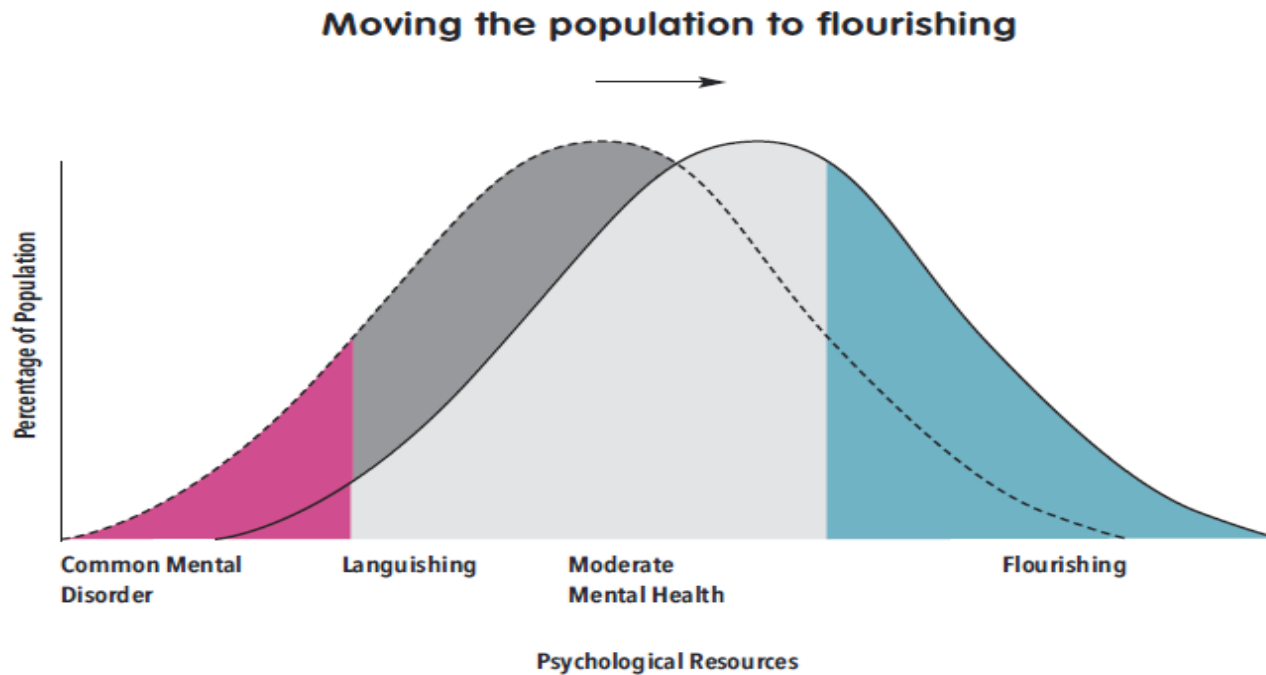


Evidence Based Message

- Five Ways to Wellbeing is aimed at improving the wellbeing of the whole population.
- Evidence indicates that individuals who practise all '5 steps' have the highest level of wellbeing regardless of circumstances (New Economics Foundation (NEF) 2008).



The hypothetical distribution of mental health across a population



Source: Felicia Huppert (2008)³, Cambridge Wellbeing Institute



What is Wellbeing?

The concept of wellbeing comprises of two main elements:

- Feeling good
- Functioning well





The Concept of Wellbeing





What are the 5 Steps?

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give





Take5 **5** Connect

steps to wellbeing

“You can’t stay in your corner of the forest waiting for others to come to you. You have to go to them sometimes.”

AA. Milne, Winnie-the-Pooh

Connect with the people around you: family, friends, colleagues and neighbours. Spend time developing these relationships. They will support and enrich you every day. We connect when we feel able to be ourselves share our thoughts or feelings, or share a new experience together.





Get Connecting

- EA Health Well <https://healthwell.eani.org.uk/>
- Stress Control Workshops <https://ni.stresscontrol.org/>
- Inspire **0808 800 0002**
- Make a cup of coffee and phone a friend
- Ideas to connect at home and as a staff team????
- Eat a meal together
- Connections with family
- How have school supported EHWB of staff recently?
- Support groups and organisations: www.familysupportni.gov.uk
www.mindingyourhead.info
- Relationship counselling and support: RELATE (for all relationships)
Tel. 028 9032 3454 or www.relateni.org
- Insert organisations/supports relevant to your own school here:





Be Active

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. 26 times I’ve been trusted to take the game winning shot and missed. I’ve failed over and over again in my life. And that is why I succeed”.

Michael Jordan

Go for a walk or run. Step outside, swim or cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.





Get Active!

Find out what is on at your local leisure/community centre. There may be discounts available for a range of people (those with disabilities, in receipt of benefits, students and senior citizens).

- www.getactiveabc.com
- Have school signed up to online fitness classes?
- Daily Mile (in school and at home)
- Step competition in school
- www.nhs.uk/fitness for sitting exercises, fitness advice for wheelchair users, physical activity guidelines for children, NHS fitness studio (free home exercise videos) and much more.

Insert local fitness groups and activities relevant to your own school here:

- www.newrymouredown.org/down-leisure-centre
- www.midulstercouncil.org/Things-To-Do/Sport-Leisure/Cookstown-Leisure-Centre/Join-a-Gym
- <http://www.southerntrust.hscni.net/livewell/physicalactivity.htm>



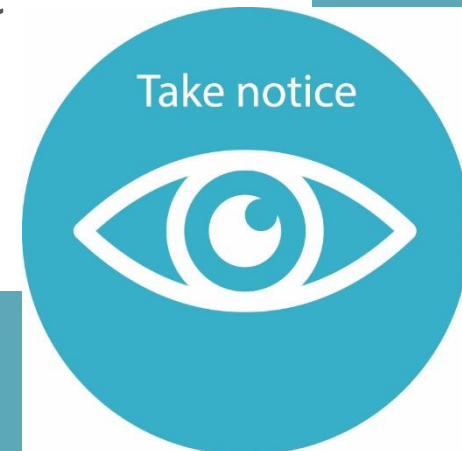


Take Notice

“Beauty is everywhere, not everyone sees it.”

Confucius

Stop, pause, take a moment to look around you. What can you see, feel, smell, hear or taste? Look for the new, unusual or extraordinary in your every day life. Think about how that makes you feel. Practice gratitude.

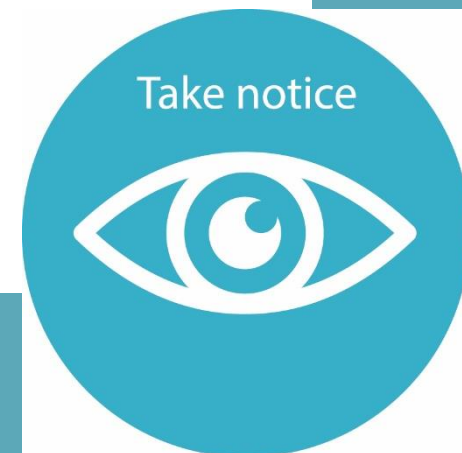




Get Noticing!

- Explore mindfulness: www.freemindfulness.org
- Download a free app such as 'Headspace'
- Go to your local park or community garden
- Practise self help: www.get.gg
- Observe nature on local walking routes
- Seek out support if times are tough:
www.mindingyourhead.info

Insert local activities relevant to your own school here:





Keep Learning

“Develop a passion for learning, if you do you will never cease to grow.” Anthony J.D. Angelo

Try something new. Rediscover an old interest. Sign up for a course. Take on a different responsibility at work. Fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving
Learning new things can be fun.

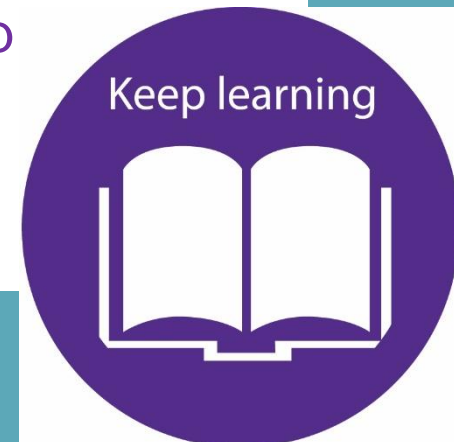




Get Learning!

- Local courses – many are provided free of charge (online)
- Visit your local community centre or Further Education College – www.src.ac.uk or www.swc.ac.uk
- Contact your local library – www.librariesni.org.uk
- Search 'How to.....' on google or YouTube

Insert local opportunities for your school to keep learning here.....





Give

*“From what we get, we can make a living;
What we give however, makes a life.”* Arthur Ashe

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Think of other people. Giving something back can be incredibly rewarding and will create connections with the people around you.





Get Giving!

- Details of volunteering opportunities at: www.southerntrust.hscni.net/about/volunteering.htm
- www.volunteernow.co.uk
- Good Morning: Free community based telephone support service for older or vulnerable people: www.goodmorningni.org
Email: info@goodmorningnetwork.co.uk
- Foodbanks: Donate food or your time at www.trusselltrust.org
- Donate Blood: Northern Ireland Blood Transfusion Service www.nibts.org
Tel. 028 90534666
- Volunteer your time for a local charity or join the committee of a group in your local community.
- **Insert local opportunities for volunteering here.....**





When Times are Tough

Sometimes we need a little bit of extra support.

If you have concerns about your mental health or wellbeing talk to your family, friends or GP.

There are also a range of other supports that may help:

- Lifeline – 0808 808 8000, a 24 /7 free phone helpline for those in distress or despair
- Samaritans - 116 123 free phone
- Useful contacts for Mental and Emotional Wellbeing (z card).
- www.mindingyourhead.info – a regional website that will provide you with details of where you can access support using your postcode.
- Inspire 0808 800 0002



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*'You are what you repeatedly do.
Excellence, then is not an act, but a habit'*
Aristotle

- All five steps can be free, easily achievable and applicable to anyone.
- Many of us will already be doing some of the 5 steps without ever thinking about it.
- Take 5 may come across as common sense. As we know, common sense is not necessarily common practice.
- The key is to consciously build all five steps into our daily lives.
- Taking 5 will help us feel good and function well.





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High Five Friday

- Principles of Nurture
- Share An Introduction to Take 5 Steps to Wellbeing with staff
- Trauma Informed Practice – Level 1
- Sharing ideas and supporting development of High Five Resources
- Access to EA High Five Resource Hub on C2k
- School visits from PBS&P staff as required
- Signposting to PBS&P/NASS training
- High Five Journal Training

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The Core Principles

Everyone Belonging

Reducing Tension

Raising Self Awareness

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High Five Friday

- High Five Friday Structure
- High Five Magazine
- High Five Resource Hub on C2k
- Involvement of all staff & pupils
- High Five Staff Hub
- High Five Parent Hub
- Support from PBS&P
- Focus on EHWP & Take 5

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Feedback from Schools

Wellbeing activities so far have been amazing, it gives you a boost when someone takes the time to complete something for you.

There is more being done about staff wellbeing now than ever before. I appreciate greatly all that is being done. My character is to remain an 'island' but the bridges being built to make me less of one have contributed so much to the way I feel about work in general. Thankyou.

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Core Benefits

Feedback from
Schools

- Relaxed
- Time to pause
- Time to have fun and connect with each other
- Children enjoy taking ownership of the ideas rolled out
- Space to learn in a different way with low demands
- Focus on wellbeing
- Encourages pupil voice
- Allows staff time to socialise, talk and offload

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Feedback from
Schools

Core Components

- Sharing food, having fun, connecting
- Provides opportunities to be active, to chat together, think of others, learn new things, be involved in the community and take time out to relax / notice the world around them.
- Reflecting, connecting, opportunity to stop and take the time to relax and focus on well-being. Learning journal but adapt it to suit the age/ ability of your class.
- Has to look and feel like a different day. Emphasis on relationships and being part of the class family. Explicit opportunities to develop self-care strategies.

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Think About

Feedback from
Schools

- How to bring staff on board
- Consider your starting point e.g. what training has your staff accessed in relation to this
- Plan how this will fit with timetable
- Look at current school structures e.g. golden time, Friday test, schools of sanctuary etc
- Give staff opportunities to plan and talk through issues arising
- How you will communicate this with parents/carers

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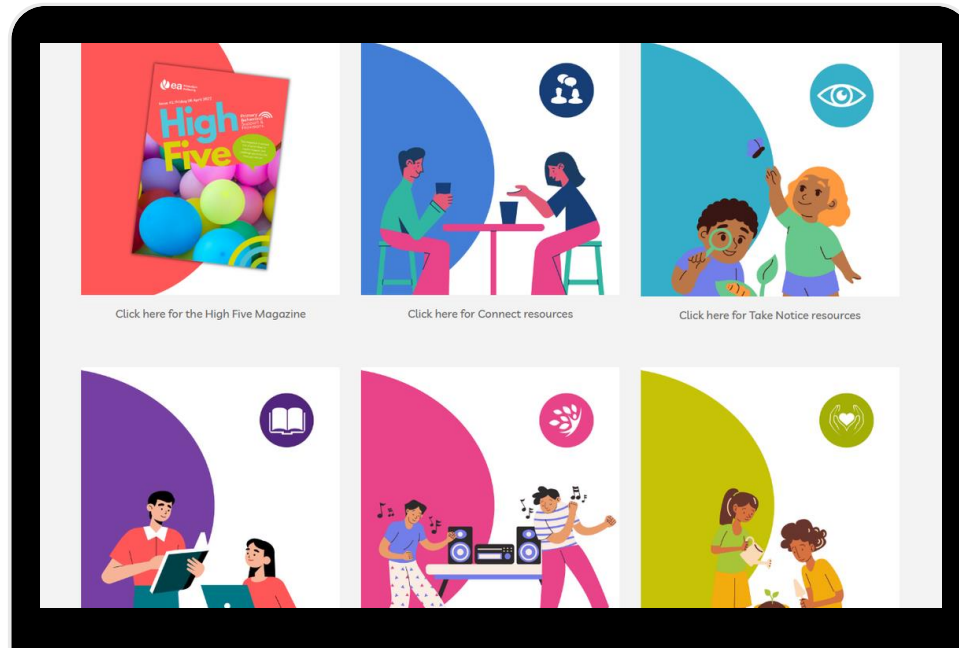
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High Five Resource Hub



[Click here for the High Five Magazine](#)

[Click here for Connect resources](#)

[Click here for Take Notice resources](#)

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High Five Resource Hub



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High Five Friday Team



One member of staff takes the lead for High Five Friday in school and works with the team in school to develop the programme and link in with PBS&P staff.



The High Five Friday team is formed in school to plan and review the programme. This team is made up of teaching, non teaching staff and pupils.

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High Five Friday Team

Classes and staff groups work together to plan High Five Fridays, taking ideas from the school High Five Friday team and sharing ideas.



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Care of Me

- In order to take care of others you need to take **Care of Me**.
- **Me Time** can be 5 minutes a day.
- Our starting point within High Five Friday is to take care of the adults!



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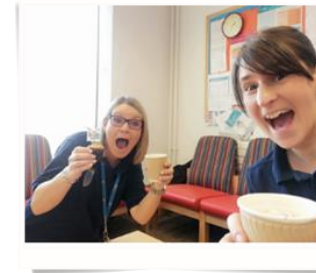
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Care of Me

Feel Good Friday

Hot chocolate and a cupcake delivered to each staff member as a surprise during the school day. They got to sit down for 10 minutes and enjoy.



Feedback from Schools

Guardian Angel

Each member of staff is given the name of another staff member anonymously. As guardian angel, their job is to deliver a small gift and note of encouragement or appreciation.



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Next Steps

- Share the PowerPoint with school staff and agree way forward
- Focus on staff EHWB
- Share staff booklet or activities
- Share fortnightly High Five magazine
- Establish a High Five Friday Team
- Register to become a High Five Friday school
- Access the High Five Resource hub on C2k

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Any Questions?

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