

Supporting
Together:
Effective Ways
to Regulate



High
Five



Inside this issue

03 Take 5

04 Supporting Together - Regulate

07 Be Active - Letter Stretch

08 Connect - Eat Together, Walk Together

09 Take Notice - Reducing Tension

10 Keep Learning - Reading Where? How?

11 Give - Mindful Moments

13 Parent Hub - An A-Z of a Nurturing Environment

15 Staff Hub - Understanding the Brain

16 Staff Hub - Core Planning

Welcome to High Five!

Welcome back to High Five! We are continuing on our theme of Supporting Together and in this issue we are thinking about way to help us regulate.

We are all unique so take time to try out the ideas in High Five to see which ones work best for your class. Then take time to come up with your own ideas.

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

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.**



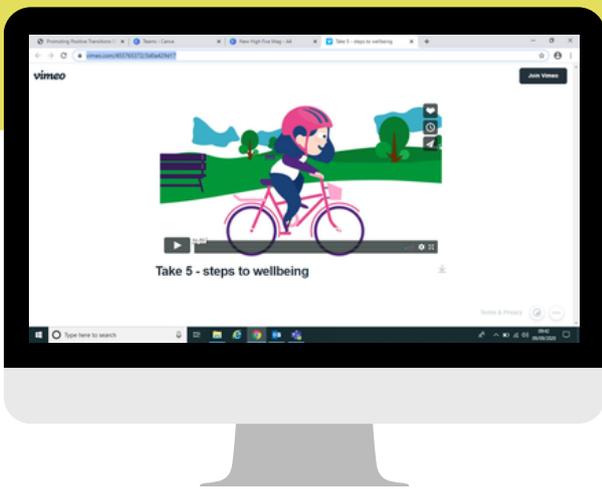
For more ideas visit [ea_highfive](#) and check out the HF Friday highlights. Follow EA_HighFive on instagram Scan the QR code:



Term 2

The theme for High Five from January - April 2026 is Supporting Together.

Two of our Take 5 steps to wellbeing are Take Notice and Give. High Five adopts an ethos of noticing when the people around us need support and then responding with compassion and practical support. This supportive environment reduces tension for all.



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!

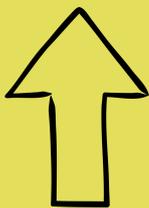


Core Principles

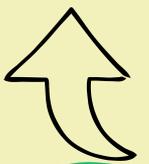
Bottom to Top



The **neo-cortex** is the part of the brain that does all of the thinking and makes sense of the messages coming from the brain stem and limbic system.



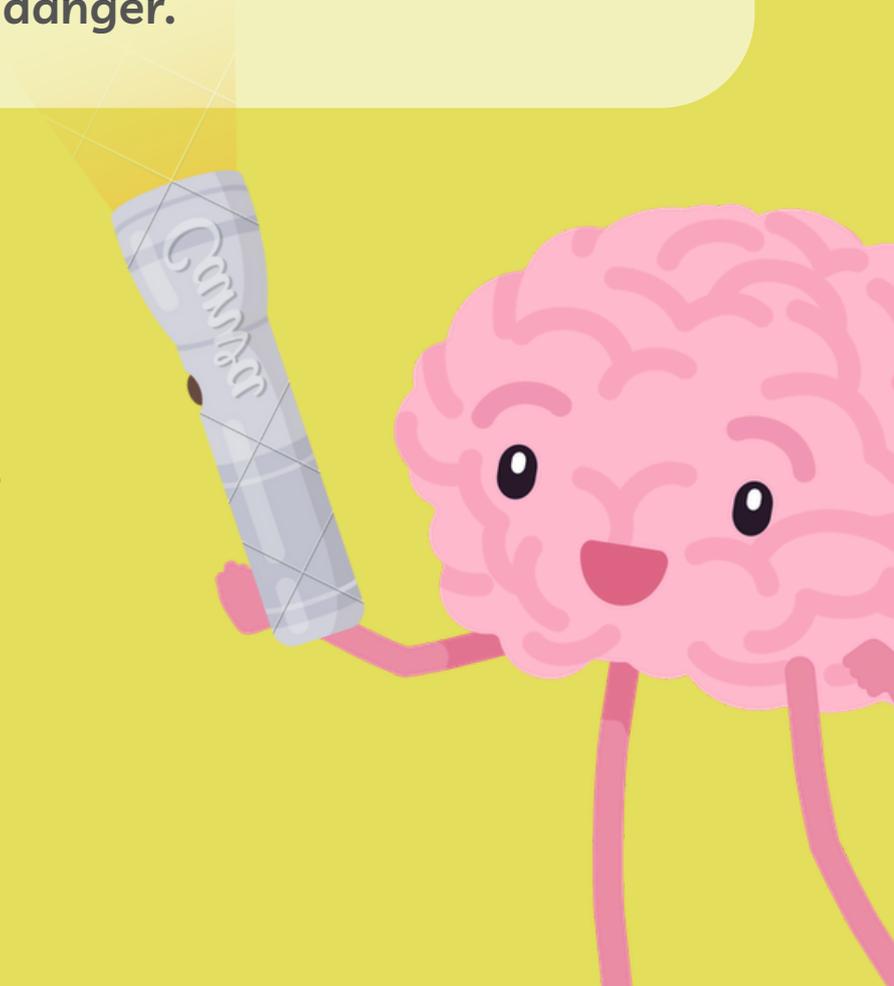
The **limbic system** makes sense of our emotions. It is checking if we are loved and connected with others.



The **brain stem** is the part of our brain that keeps our heart beating, blood flowing and will take over if it thinks we are in danger.



In this issue we are thinking about our brain stem. All the activities will help us to regulate.



Regulate

Regulated is a word to describe how our bodies feel. We can feel regulated when we are happy, sad, angry, hungry, tired and so on. We can also feel dysregulated when we are happy, sad, angry, hungry, tired and so on. It's useful to recognise how this feels in your body and it's useful to know effective ways to regulate. Start here with this journal activity. Try out the rhythmic and breathing ideas. Tick the ones that help you most.



Rhythmic

- Marching
- Running
- Walking
- Drumming
- Tapping

Breathing

- Square breathing
- Breathe in count 4, breathe out count 6
- Lie on back, place a cushion on your belly - notice how your belly moves the cushion with deep breaths in and out

Where do you feel most at ease?
Most regulated?

Think about both in school and out of school.

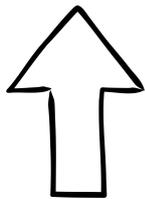
Where? Who?

Who do you feel most at ease with? Most regulated?

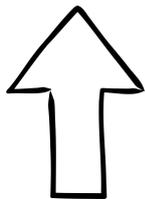
Think about both in school and out of school.

Ready to Learn

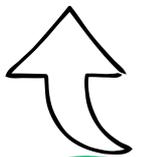
Being ready to learn means these three parts of the brain have all come online in the right order - bottom up!!



I'm ready to learn:
Neo-Cortex Online!

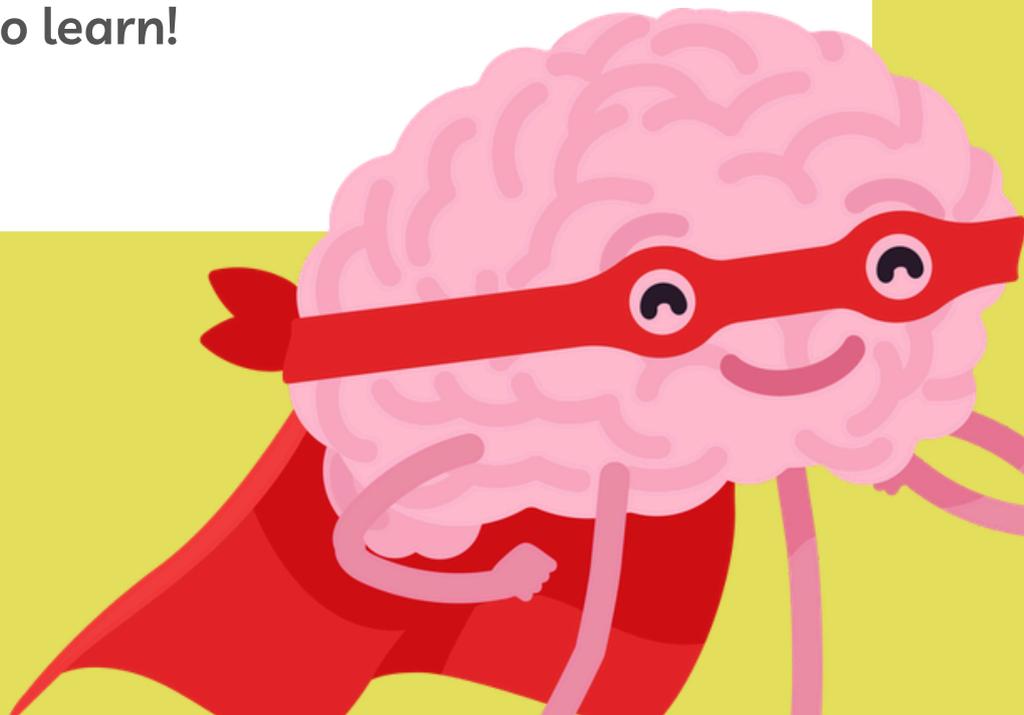


I feel liked, I belong here:
Limbic System Online!



I feel safe:
Brain Stem Online!

When all three parts are online you are ready to learn!

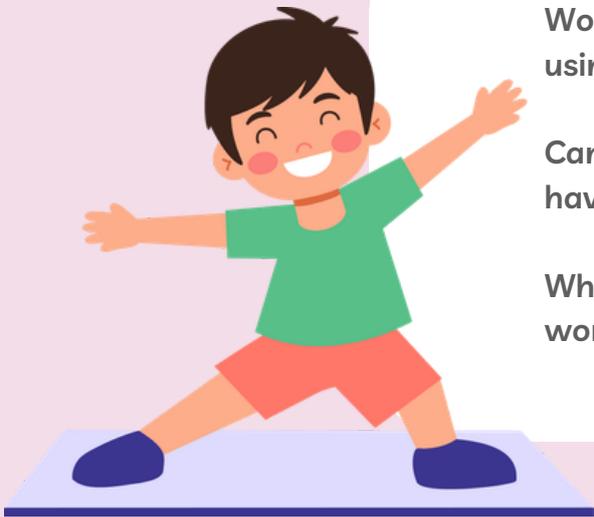


Be Active



Let's try some stretches to help us regulate.
Remember to breathe in before you stretch and
hold your breath at the end.

Letter Stretch



Working together can you make words
using your body?

Can you guess what words other groups
have made?

What are the shortest and longest
words you can make?

Can your whole
class make your
school name using
your bodies?



Click here to access more
ideas to Be Active



Connect

Chewing is a great way to regulate and when we do it together we'll have our brain stem and limbic systems online.



Eat Together

Stop work 10 minutes before outside break and eat together. This gives us all a chance to regulate between stopping organised learning and going outside to the playground.



The daily mile is a great way to regulate. Why not plan some new routes for some variety.

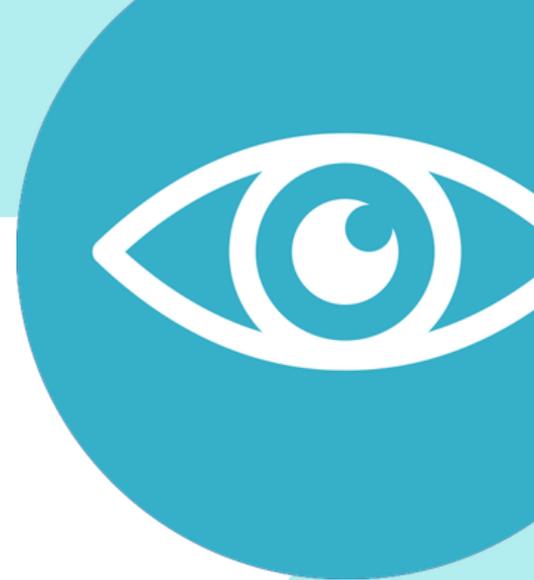
How many times would you have to walk around the hall to make up a mile? How many times would you have to walk up and down the stairs?

Walk Together



Click here to access more ideas to Connect

Take Notice



When our brainstem takes over it is very hard to Take Notice as our bodies are on high alert for safety and defence. This can feel like tension in our bodies.

Jenny Mosely's Big Book of Calmers has lots of great ideas to help us release this tension. Here are two of our favourites.

Reduce Tension

Ice Cube - Melt

Ice Cube: Start with your toes and slowly freeze your whole body until every bit is tense and tight.

Melt: Start from your head and slowly relax your whole body. Whisper "me-elt" as you exhale slowly.



Piece of String

Imagine you have a piece of string running up through your spine all the way up through the top of your head. When no one is holding your string your head is bowed and shoulders slouched. Imagine someone is gently pulling the string up and slowly straighten up. As you walk in the line imagine that someone is holding your string up the whole way.

Click here to
access more ideas
to Take Notice





Keep Learning

When we don't feel regulated it is harder for us to concentrate and learn. The good news is that we can try some simple tricks to help us regulate while engaging with school tasks.



Where? How?

Let's start with reading. When we are dysregulated it can be hard to focus on a book! At these time try these ideas out...

Try a different place

- standing or walking around a space (watch out for trip hazards)
- on the floor with a cushion

Alone or with others

- share one book with a friend and read together
- read the same book as your friend and then talk about it after



Try this for other school tasks - what would help you regulate during numeracy?



Click here to access more ideas to Keep Learning

Give

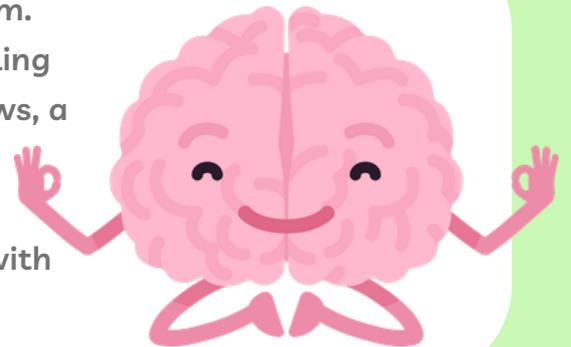
It is important to remember to take time to pause, taking some mindful moments throughout the day. These moments can be as simple as closing your eyes and taking deep breaths, breathing in slowly through your nose and out through your mouth.



Imagine blowing up a big balloon with each breath, and then gently letting the air out. This helps to calm our minds and bodies, making it easier to focus on our tasks.

Calm Corner

Another idea is to use a 'calm corner' in the classroom. This is a special place where you can go if you're feeling overwhelmed or need a break. It can have cozy pillows, a few favourite books, and some quiet activities like colouring sheets or puzzles. Spending a few minutes here can help you feel ready to return to your desk with a clear mind.



Move Your Body



Moving our bodies can be a great way to regulate. Doing a few stretches, jumping jacks, or even a quick dance can release energy and help us feel more balanced. Remember, it's important to take care of our feelings, just like we take care of our bodies. By using these strategies, we can make school a happier and more successful place for everyone



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!

W is for Wiggle

Physical exercise can help keep us emotionally well balanced and release stress. Walking up and down the stairs, dancing in the living room or lifting boxes in the kitchen are all ways of building in fitness activities for your child, even on rainy days.



X is for flexible

(A bit of a cheat for “X”!) Everyone has good and bad days, including children. Sometimes your child may need you to readjust your expectations and plans, and simply help them control their feelings on difficult days.





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!

Understanding the Brain

Click on this image to begin considering where to start with supporting our children to be ready to learn.



Upcoming Nurture Training Available

Nurturing Staff
11th March 2026
3:15pm - 4:15pm



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
19 March 2026 2:00pm - 3:45pm



Toolkit for New Classroom Assistants supporting Social, Behavioural and Emotional Wellbeing Needs (SBEW)
04 March 2026 11:00am - 12:30pm

Online Sessions

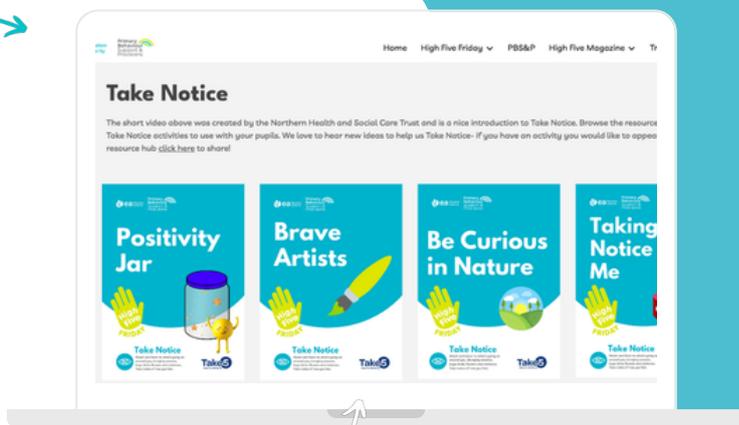
[Click here to see all SBEW training available this year from Local Impact Teams](#)

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



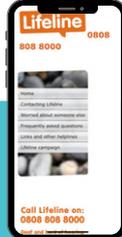
Supporting Together

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.

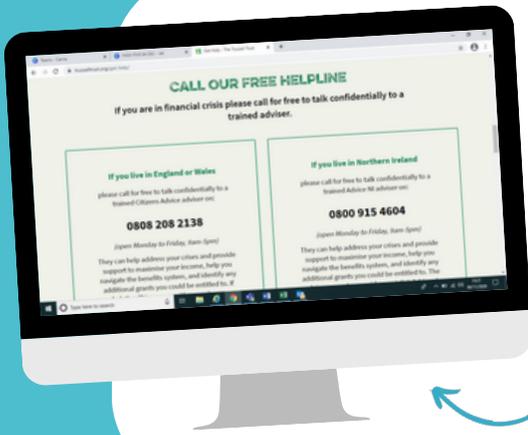
ParentLine NI



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.

