

# 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.

A large, light blue speech bubble with a white outline, pointing towards the bottom left.

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

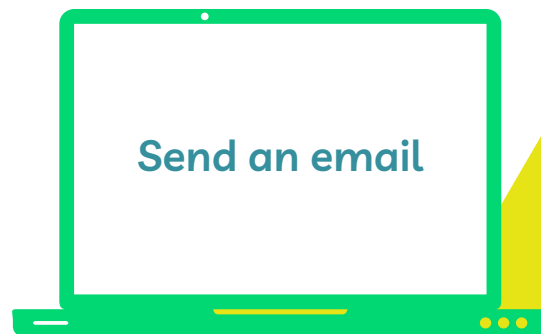




**Give!**

# 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



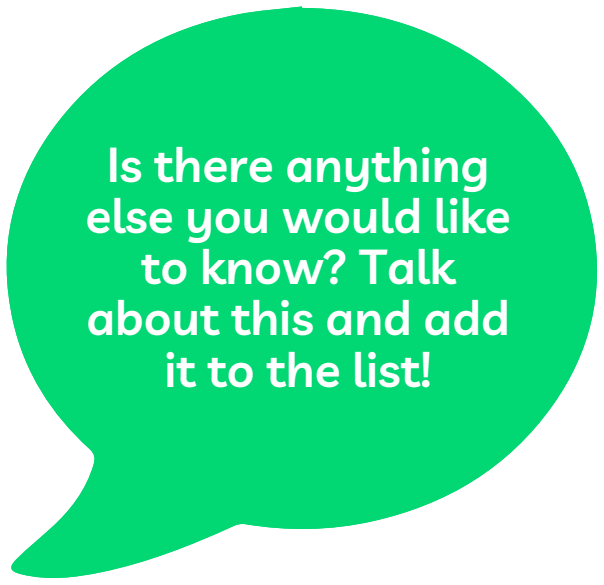


**Keep Learning!**



# 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

☐

Time school usually starts

☐

Subjects I'll have

☐

Uniform

☐

Map of the school building

☐

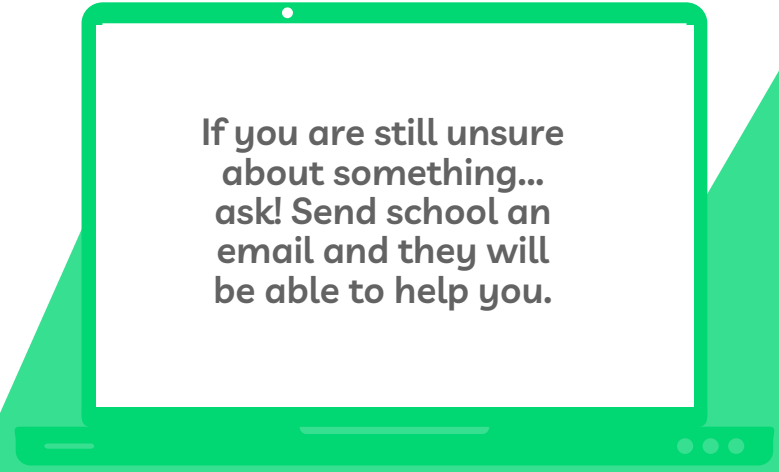
Example of timetable

☐

Name of Year Head

☐

Equipment list

☐

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