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1st EDITION



**HSC** Northern Health  
and Social Care Trust

# RISE Higher

RISE NI (NHSCT) KS2 NEWSLETTER

Welcome to the first edition of the RISE NI NHSCT Key Stage 2 newsletter! We welcome you all with open arms and hope this newsletter will bring some insight into how to support children who are in Key Stage 2 (Primary 5, 6 and 7)! This edition of RISE Higher will focus on what you as a parents/carers/families can do to promote good emotional intelligence throughout daily life. We hope you find some great tips, strategies and advice to try at home with your children!

But first....

## WHAT DO WE DO?

RISE NI stands for the Regional Integrated Support for Education (RISE) NI. We work in mainstream primary schools in the Northern Health & Social Care Trust (NHSCT) area to support staff and children from Key Stage 2 (Primary 5, 6 & 7) in the following areas:

Social,  
Emotional  
and/or  
Behavioural

Speech,  
Language  
and  
Communication

Sensory  
Processing,  
Fine Motor and  
Visual  
Perception

RISE NI has received some additional funding to pilot supports into Key Stage 2 (Years 5, 6 & 7). The focus of these supports is on children's social, emotional and mental health needs.



## FOR PARENTS/CARERS...

The new KS2 RISE NI Parent Website can be accessed as follows:

<https://view.pagetiger.com/RISENI/parents>

On the website you'll find lots of useful information, leaflets, video demonstrations and training opportunities. Please check it out...especially the Key Stage 2 training, advice and resources! Take time to go through this using the QR or link provided!



## WHAT IS SOCIAL, EMOTIONAL AND MENTAL HEALTH (SEMH)?

This is the ability to;

- understand and manage our own emotions.
- make responsible decisions
- maintain good relationships.
- understand and empathise with others around us.

We all have emotions and it is likely we will all experience various emotions throughout the day!

Our children need to understand how various emotions make us feel, how we can support our peers who are experiencing emotions and how we can use our emotions to understand the world around us!

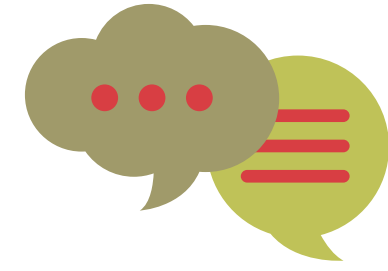
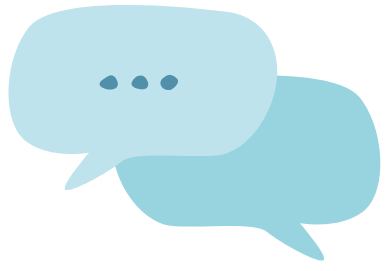




## TALKING ABOUT OUR FEELINGS...

It is important to talk about our feelings in order to be able to express ourselves when we experience a feeling or emotion. Sometimes when we experience a specific emotion or feeling, we may feel it in our bodies but we are unsure how to describe it or are unable to name it.

It is important to be able to name an emotion or feeling so we can teach ourselves strategies and techniques to regulate these emotions.



### TASK TIME:

Looking at the following emotion words - pick one word each week (you can also add your own words).

Be conscious of this emotion and point out to your child when you see someone experiencing this emotion or feeling - this could be in real life, in a book or tv show. Discuss with your child how their body feels when they feel this way and ask them if they can think of a time they have felt this way.

Emotion words to focus on are:

Happy, Excited, Sad, Astonished, Overwhelmed, Embarrassed, Angry, Proud, Scared, Anxious, Calm, Worried, Annoyed, Delighted, Frustrated, Content.

## EMOTIONAL LITERACY GAMES

Look at the activities below to encourage self-awareness of emotions:



- **Emotion Charades** - this will allow your child the opportunity to display various emotions through facial expressions and body language. It is the perfect opportunity to develop their emotional intelligence.
- **Emotion Pictionary** - One player draws an emotion and then the others have to guess what the emotion is. This allows you to discuss emotions together.
- **Feelings Journal** - Take time with your child to reflect on the emotions they have experienced that day and discuss how this made them feel and if they have felt this emotion before.
- **Music Play List** - Make a music playlist and discuss with your child how various songs make you feel and what emotion they match.



## SEMH AND SPEECH, LANGUAGE AND COMMUNICATION

It is known that children who present with SEMH needs are 5 times more likely to experience Speech, Language and Communication needs (SLCN).

The Royal College of Speech and Language Therapists (RCSLT) have created a document to highlight the link between speech language and communication and social emotional mental health. Check it out via the link below...

<https://www.rcslt.org/wp-content/uploads/2022/04/RCSLT-promoting-SEMH-factsheet.pdf>



“When we can **talk** about our **feelings** they become **less overwhelming, less upsetting** and **less scary**”

Fred Rodgers



let's talk  
it out ✨



Let's get talking about our emotions together!





## SOLIHULL APPROACH

Solihull are offering all residents of Northern Ireland access to various trainings which are extremely helpful in understanding the children within our lives and how to manage their needs.



The trainings which may be most applicable are:

- Understanding your Child's Feelings
- Understanding your Child's Mental Health and Well-being

The sessions can be accessed using the QR to the right or else via the link below and inputting the access code 'NIFAMILIES'  
[www.inourplace.co.uk](http://www.inourplace.co.uk)



## AFFIRMATIONS

Affirmations are positive words or statements that we can say about ourselves. The more we say these, the more we will believe them and so grow with confidence and self-esteem. This is a great activity to complete as a family to build positive mental health and self-esteem.

Choose statements such as 'I am special', 'I am unique', 'I am confident', 'I am clever', 'I am wonderful', 'I am peaceful' etc. Take one statement and repeat it 5 to 10 times a day. You could even say your daily affirmations in the mirror.



## TOP TIPS TO HELP YOUR CHILD TAKE TIME TO RELAX, REGULATE AND BE CALM...

When we are upset, stressed or worried we tend to forget to breathe or else our breathing becomes short and quick, almost like a puppy panting. When we breathe like this our bodies do not get enough oxygen. Controlling our breathing activates a place in our brain called the 'Parasympathetic Nervous System'. This place within our brain helps to control our reaction to stress, anxiety or worry. Below are various breathing techniques you can try at home with your children:

### BELLY BREATHING:

This type of breathing is the most calming breathing technique. Lie down somewhere comfortable. Place one hand on your chest and one hand on your belly. When you breathe in deeply our shoulders should stay still and our bellies should go out. Imagine there is a balloon in your belly. When you breathe in you are making your belly fill with air. Take slow and deep breaths in through your nose and feel your belly rise. Then breathe out via your mouth letting your belly deflate. Do this together 5 times. Count your breath in for 1...2...3...4...5 and out for 5.



### RAINBOW BREATHING::

Look for a comfortable place to lie down on your back. Start stretching your arms out wide on either side of your body and turn your palms, so that they are facing the ceiling. Stretch your fingers out and start taking a slow breath in through your nose. As you exhale, simply lift your arms up and float them up towards the ceiling in an arch, like you're making a rainbow. Hold for a moment and then inhale as you float your arms down to the floor. Imagine a rainbow in your mind and observe the different colours that you can see.



## SUPPORTING YOUR CHILD - THE LIST TO REMEMBER ...



### BE OPEN AND WILLING TO TALK ABOUT FEELINGS



Often talking about feelings can be very daunting and it can feel overwhelming.  
It is ok to feel these things!

Allow your child to know that you are open to discuss feelings together. Be open with them also - "Today I feel a bit worried because I have a big meeting in work" - this model of emotional chat will allow them to be able to develop their skills in being open and talking about how they feel!



### TAKE TIME TO RELAX AND REGULATE



Take time with your child to talk about how to relax and regulate so we can be at our best!

Together with your child take time to focus on your breathing with the exercise's above! Life can become so busy, so it is so important to schedule in time when you as a family sit back and breathe!



### LISTEN



You know your child the best! Take time to listen to them and allow them to understand that you care; no matter how big or small the issue may be! It is good to regularly ask your child how they are doing and encourage them to talk about their feelings! Talk about all feelings and relate them to various contexts e.g. happy, sad, worried, excited, jealous.



### BUILD A HEALTHY ROUTINE



Building healthy routines and consistency will support positive SEMH. Healthy routines involve eating well, getting adequate rest, knowing what is happening in the week and when. These small changes to your family's lives, will support the SEMH of not only your child, but your family as a whole.



### BE ACTIVE



Being active is a great way to support SEMH - some people are sporty, love to play sports and go to the gym, but that is not for everyone! Take time to be active and complete activities your child enjoys for example; painting, walking in the forest, being outside, going to the park, exercising in the house, reading etc.

### ✉ EMAIL US:

If you have any comments on the content of this newsletter or indeed any queries, please send an email to us at [riseni.nhsct@northerntrust.hscni.net](mailto:riseni.nhsct@northerntrust.hscni.net)