



Eagrán 38: Dé hAoine an 9ú Meitheamh 2023

  
Iompraíocht  
Bunscoile  
Tacaíocht &  
Soláthairtí

# Cúig in Airde

Tá an iris seo líon lán  
smaointe maithe a  
spreagfaidh thú, a thacóidh  
leat agus a thabharfaidh  
do dhúshlán, le cuidiú leat  
do dhícheall a dhéanamh  
i gcónaí!



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## Spreadadh...

Ar dtús, déanaimid iarracht bealaí nua a aimsiú le cuidiú leatsa bheith ag iarraidh do dhícheall a dhéanamh le gach tasc a bhíonn le cur i gcrích agat



## Dúshlán...

Ba mhaith leat do dhícheall a dhéanamh agus tá a fhios agat go bhfuil muidne anseo le bheith ag cuidiú leat. Mar sin, iarraidimid ort dul sa seans agus triail a bhaint as rudaí nua dúshlánacha



## Tacaíocht...

Nuair a bhíonn tú ag iarraidh do dhícheall a dhéanamh, déanaimid iarracht tacú leat agus tú ag foghlaim agus ag fás

# Fáilte go Cúig in Airde



Fáilte ar ais go Cúig in Airde. An téama atá againn san eagrán seo ná Bí Cineálta. Bí cineálta leat féin, le daoine eile agus leis an saol thart orainn. Tríd an chineáltas a chleachtadh, thioctadh leat croí duine a thógáil. San eagrán seo, tá neart smaointe ann a chuideoidh leat rud beag cineáltais a scaipeadh!

Bíonn ár gcuid gníomhaíochtaí ar fad bunaithe ar na moltaí 'Glac 5' a rinne an Ghníomhaireacht Sláinte Poiblí (PHA). Tá a fhios againn go bhfuil sé tábhachtach ar a laghad 5 sciar de thorthaí agus glasraí sa lá a ghlacadh, le cúram a dhéanamh den tsláinte fhisiceach. Tugann 'Glac 5' cúig smaoinemh mhaithe dúinn le cuidiú linn cúram a dhéanamh dár sláinte mhothúchánach agus mheabhrach.

Is féidir níos mó eolais a fháil ar Glac 5 ag <https://www.mindingyourhead.info/take-5-steps-wellbeing> (Tá an t-eolas seo ar fáil i mBéarla amháin.)

Tá súil againn go mbainfidh tú sult (agus triail) as na smaointe san eagrán seo - cuir scéal chugainn ag [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk) agus abair linn cad é mar a d'éirigh leat.

Scríobh Cúig in Airde i líne ábhair an ríomhphoist agus bí cinnte go bhfaigheann tú cead ó dhuine fásta sula seolann tú an ríomhphost - beidh ar an duine fásta a rá linn cé acu tá sé maith go leor, nó nach bhfuil, an scéal agus na pictiúir s'agat a roinnt ar ár gcuid ardán ar na meáin shóisialta.



## KINDNESS

Léirítear cuid mhór bealaí difriúla leis an chineáltas a scaipeadh san amhrán seo.

"Kindness, kindness, oh whenever you find this, you will see the world's a better place. Kindness, kindness, oh when ever you try this, you will bring a smile to someone's face."

[Clliceáil anseo le héisteacht leis an amhrán 'Kindness' ar YouTube](#)



# Glac 5

chéim i dtreo na folláine



## Bí Aclaí

Bí gníomhach. Bí ag imirt. Bí mar chuid d'fhoireann. Bí ag siúl, ag rothaíocht, ag rith. Nuair a bhíonn tú gníomhach, bíonn tú aclaí agus mothaíonn tú go maith.



## Bí i dTeagmháil

Bíodh spraoi agat le cairde, labhair le do theaghlach, cuidigh sa bhaile. Nuair a bhíonn teagmháil le daoine eile agat i do shaol, mothaíonn tú go bhfuil grá ag daoine duit.



## Tabhair Aird

Amharc agus éist le gach rud atá ag dul ar aghaidh thart timpeall ort – athrú na séasúr, feithidí, éin, bláthanna agus tuartha ceatha. Tabhair aird ar do chuid mothúchán.



## Bí Fial

Déan rud deas do chara nó duine sa teaghlach. Bí ag roinnt. Déan gáire. Bí fial leat féin – déan súgradh, bí cruthaitheach, úsáid do shamhlaíocht, tarraing pictiúr, déan péinteáil, déan damhsa, bí ag bríonglóideach. Nuair a bhímid fial linn féin nó le daoine eile, cuireann sé áthas orainn.



## Lean den Fhoghlaim

Bí ag léamh ar mhaithe le spraoi, foghlaim an dóigh le rud úr a dhéanamh, déan do dhícheall. Leag síos dúshlán duit féin, rud sultmhar. Bímid bródúil nuair a fhoghlaimimid rud nua, agus bainimid sult as.

# Bí Cineálta

## 5 Leid don Chineáltas

Tá go leor gníomhaíochtaí spraiúla a thig linn a dhéanamh sa rang le cuidiú linn smaoineamh ar dhóigheanna le cineáltas a scaipeadh ar scoil, sa bhaile agus sa phobal.



Seo thíos 5 bhealach le bheith ag foghlaim faoin chineáltas i do rang agus ar scoil.



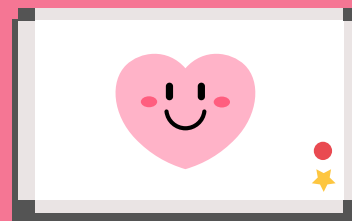
Déanaigí tobsmaointeoireacht mar rang nó i mbeirteanna.



Smaoinigh ar ghníomhartha randamacha cineáltais.



Cruthaigh Dúshlán Cineáltais Ranga.



Déan taighde ar an Chineáltas. Gheobhaidh tú níos mó smaointe ar an leathanach 'Lean den Foghlaim'.



*Gabh chuig  
Lean den  
Foghlaim.*



### 'Machnamh Cineáltais Ranga'

Ag deireadh an lae scoile, smaoinígí siar ar na bealaí uilig inar léirigh sibh cineáltas dá chéile.

# Bí Cineálta

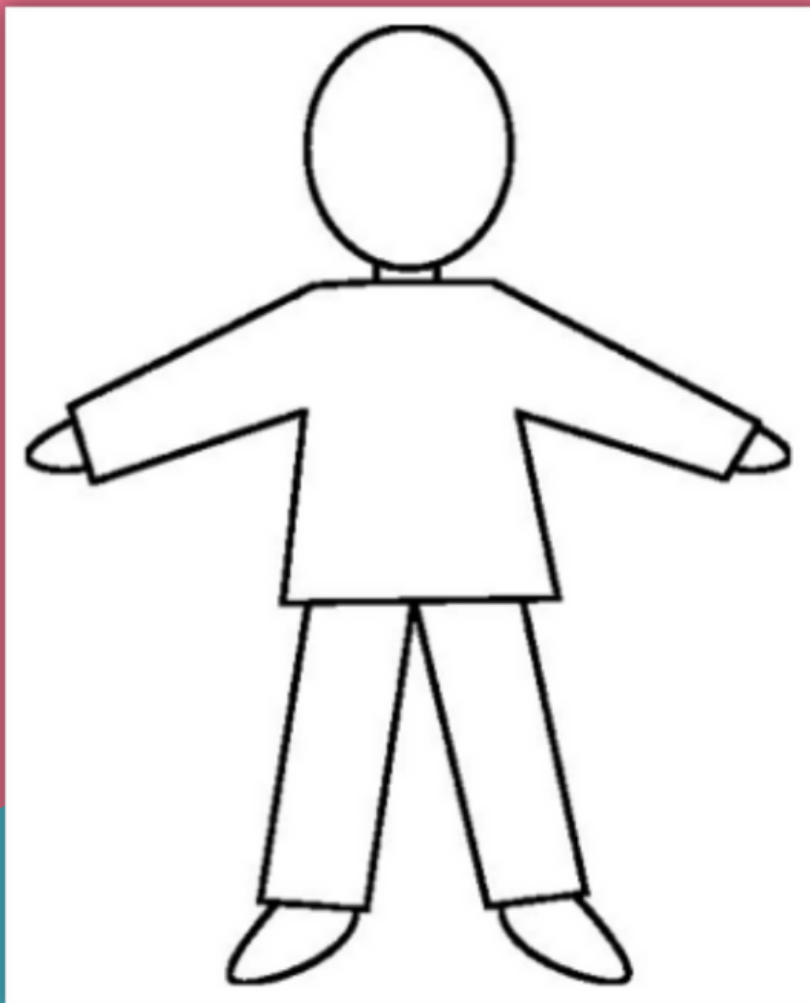
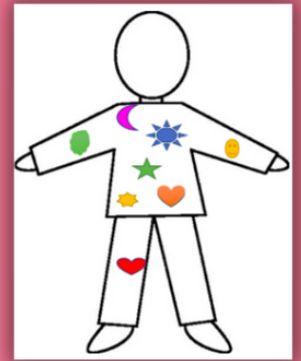


## An Draoi Cineáltais thú?

- Thig linn uilig draíocht an chineáltais a scaipeadh tríd na rudaí a deirimid agus a dhéanaimid;
- Nuair a úsáidimid focail dhraíochta chineálta le cara, beidh sé níos fusa ag an chara focail mar sin a úsáid leatsa agus le daoine eile – tchífidh tú do chuid draíochta á scaipeadh!
- Nuair a chuidíonn tusa le duine, is mó seans go gcuideoidh an duine sin le duine eile – tá tús curtha agat le draíocht chineálta an chuidithe!
- Thig leat amharc ar an mhéid a tharlaíonn nuair a scaipeann tú draíocht an chineáltais agus an méid rudaí cineálta a dhéanann daoine eile i ndiaidh duitse tús a chur leis an draíocht.

## Fiúntas na bhFocal Cineálta

Abair rud deas leis an duine seo. Cuir marc beag daite nó croí nó réalta ar na héadaí. Nuair a bheas 10 rud chineálta ráite agat leis an duine, tarraing an aghaidh.



Cad é mar a mhothaímid nuair a deir daoine rudaí cineálta linn?



# Bí Aclaí

## Bí Cineálta Leat Féin

Tá sé tábhachtach go gcuimhneodh muid go gcaithfidh muid bheith cineálta linn féin agus am a chur ar leataobh lenár scíth a ligean agus ár suaimhneas a ghlacadh. Thiocfadh leat triail a bhaint as roinnt staidiúirí ióga. Seo staidiúir a thiocfadh leat a thriail...



### Staidiúir an Chrainn nó Vrksasana

- Aimsigh do chothrom, ar an dá chos
- Tóg cos amháin agus ardaigh i dtreo do bhrollaigh í
- Seas go hard láidir
- Bog an chos atá ardaithe agat ar leataobh agus leag bonn na coise ar an taobh istigh den chos a bhfuil tú i do sheasamh uirthi. Chan ar an ghlúin, ach os a cionn nó thíos fúithi!
- Cuir na lámha le chéile, mar a bheifeá ag guí, os comhair do chroí nó os do chionn, go fiú, má mhothaíonn tú socair seasmhach go leor!
- Abair 'Namaste!' nó 'Tá fréamhacha láidre agam!'

Agus Staidiúir an Chrainn á coinneáil agat, abair rudaí cineálta leat féin agus fút féin...

Tá mé cairdiúil

Is duine iontach mé

Tá mé bródúil asam féin

Déanaim mo dhícheall!

# Bí i dTeagmháil

## Bí Cineálta le Daoine Eile

Scaip rud beag cineáltais le cara leat nó le duine sa bhaile.  
Tríd rudaí cineálta a rá le daoine, cuireann tú in iúl dóibh cé  
chomh speisialta is atá siad duit.



## Tá an Cineáltas Cúláilte!



Rudaí iontacha  
fút...

Rud a bhfuil tú  
maith aige...

**BHÁÚ!**

Rud ar cheart duit  
bheith bródúil as...





## Bí Cineálta leis an Timpeallacht

Leideanna le bheith Cineálta don Phláinéad



**Úsáid buidéal uisce in-athúsáidte** – tríd bheith ag ól as buidéal in-athúsáidte, ní hamháin go sábhálfaidh tú airgead, beidh tú ag laghdú ar an mhéid dramhaíola a chuirtear chuig láithreáin líonta talaimh!



**Tóg bruscar** – B'fhéidir go gcuireann tú féin do chuid bruscair uilig sa bhosca bruscair ach ní hionann sin agus a rá go ndéanann gach duine eile é! Déan cinnte de go mbíonn na héadaí agus an trealamh ceart cosanta agat.



**Caomhnaigh Fuinneamh** – tríd bheith ag múchadh rudaí nuair nach mbíonn siad in úsáid, thig linn fuinneamh a choigilt agus bheith ag cuidiú leis an timpeallacht



**Déan Athchúrsáil** – Déan rudaí a athchúrsáil, ar scoil agus sa bhaile



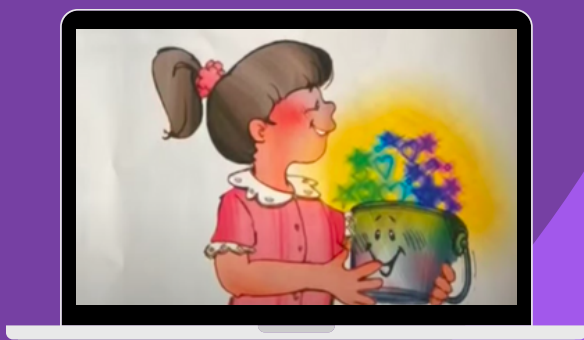
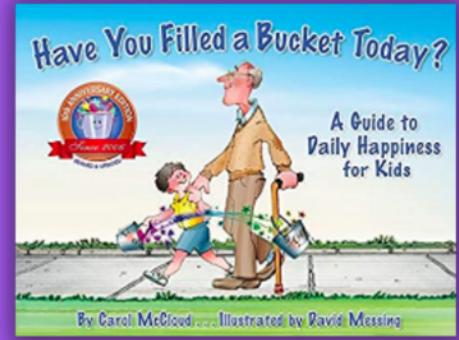
**Úsáid rothar agus siúil** – Nuair is féidir, gabh ar do rothar nó siúil in áit an carr a úsáid. Mura mbíonn achar fada i gceist, tá sé lán chomh maith againn rud beag aclaíochta a dhéanamh agus muid ag dul ann

**Spreag daoine eile** – tá sé furasta go leor a bheith cineálta leis an timpeallacht agus, le cuidiú Dé, spreagfaidh an cineáltas s'agatsa daoine eile le bheith ag cuidiú leis an phláinéad chomh maith! Ach in amanna, bíonn meabhrúchán beag de dhíth ar dhaoine, mar sin de, má fheiceann tú cara leat píosa bruscair a chaitheamh nó gan solas a mhúchadh nuair nach bhfuil sé de dhíth – scaip do shaineolas féin le go dtig leis nó léi féin a bheith níos cineálta don timpeallacht fosta.



## Cineáltas

Ar líon tusa buicéad inniu? Léiríonn an scéal seo go mbíonn buicéad dofheicthe á iompar ag achán duine, a dtig linn é a líonadh le moltaí agus cineáltas. An dtig leat smaoineamh ar bhealaí le do bhucéad a líonadh le cineáltas? Scríobh iad ar na réaltaí thíos...



Clliceáil anseo le héisteacht  
leis an scéal ar líne ar  
Youtube.

# Bí Fial

## Bí Cineálta leis na hAinmhithe

Is iomaí bealach a dtig linn bheith cineálta lenár gcuid peataí. I dtús báire, déan cinnte de go bhfaigheann siad aclaíocht rialta agus go mbíonn i gcónaí go leor bia agus uisce ann dóibh. Ó na peataí a bhíonn againn sa bhaile agus ar cuid den teaghlach iad go minic, go dtí na hainmhithe fiáine a fheicimid ó am go ham sa saol thart timpeall orainn – tá cineáltas agus meas tuillte ag gach ainmhí.

Sa dúlra, thiocfadh leat spás sábháilte a chruthú d'ainmhithe ar scoil agus sa bhaile. Seo thíos roinnt leideanna cruthaitheacha ón RSPCA le cuidiú le daoine bheith ag obair le chéile le spás sábháilte a dhéanamh d'ainmhithe. 'Ná lig méid an spáis atá agat taobh amuigh srian a chur ort. Is féidir go leor de na tionscadail gharraíodóireachta a dhéanamh i spásanna an-bheag ar fad. Déanfaidh siad uilig difear mór do na hainmhithe sa cheantar áitiúil s'agat. Seo thíos roinnt bealaí ina dtiocfadh libh bheith ag obair le chéile mar rang...



Déan  
beathadán éan



Cuir suas  
boscaí éan



Déan beathadán  
féileacán



Cuir  
bláthanna do  
na pailneoirí



Clliceáil anseo le níos mó eolais a fháil ar na moltaí seo ón RSPCA



The Parent Hub is a section especially for the grown ups at home. In each issue we'll share helpful tips and good ideas. If you would like us to cover any topics in this section let us know at [primarybsp.enquiries@eani.org.uk](mailto:primarybsp.enquiries@eani.org.uk)



# Getting Ready to Learn

## Kindness



Kindness begins at home. The traits of kindness do not appear spontaneously in children and need lots of nurturing. The best way to teach kindness is to demonstrate and reinforce it over and over again until kindness becomes the norm. Demonstrate kindness when you are out about so they can watch and imitate you.

### Be Kind to Your Child

Even when you are tired and frustrated try to speak in a kind way to your child. Discipline with love, support them and always to be kind. Talk with your child about kindness and how they can show kindness to others.

### Use Play

Spark their imagination with a silly game or story. Have a competition to see who can give a nice big, bright smile. Or for older children play the compliment game, where you gather round in a circle to pass a ball. The child with the ball must give a compliment to the person they are throwing the ball to.

Play with them and include situations where you are encouraging them to think how someone else feels. You can use their toys to show acts of kindness. Simple ideas might include a doll with a bump to their head, then ask your child how the doll is feeling and what they could do to make them feel better. For older children you could use their toys to act out tougher situations such as toys being unkind and nasty to each other. How would they want to be treated. What could they do?

### Show Kindness to Friends and Family

- Encourage your child to say thank you to those that help them. Notice when they do this and praise and encourage them.
- Talk to your child about what makes them happy or sad. This will help them develop an understanding of their emotions. Can your child notice when others are sad too? Use stories to discuss emotions.
- Find ways to let your child know that different things make people feel better. Some people like hugs, but others don't. Help your child learn that it's OK to ask someone what you can do to help them.



# Getting Ready to Learn

## Kindness



### Show Kindness to Friends and Family

- Point out acts of kindness. If your child helps lay the table you can encourage more of this behaviour by saying, “Thank you for helping me, that’s really kind.”
- Make a kindness scavenger hunt. Write or draw ideas for being kind on paper and stick it up. You could include activities like giving toys and clothes to charity, or donating books to a younger cousin or young neighbour.
- Spend some time making pictures, crafts or baking with your child and deliver them as gifts to friends and relatives.



### Kindness at School

- Teach your child to be welcoming and kind to all children. They might like to invite someone to play if they are sitting alone.
- Suggest your child lets someone else play with a toy they’re using. Sharing may not come naturally to them and may just come with time and practice. Young children often find sharing difficult.
- Your child might want to make cards to thank someone who helps them in school e.g. the receptionist, caretaker, assistant or teacher.



### Be Kind to the Planet

- Show your child ways to be kind to the planet around your home and garden.
  - Get them to help with recycling
  - Switch lights and gadgets off when not in use
  - Feed wildlife in the garden or local parks
- Donate toys and clothes to charity shops rather than throwing them away.
- Walk instead of using the car. Make it an adventure. Come up with ways to help you child notice nature. You could download a nature scavenger hunt or listen for sounds of nature while you walk
- Make a bug hotel for your garden



## Libraries NI

Libraries NI have events and classes catering for all age ranges across Northern Ireland. Below are some examples, click on the images to check out what's taking place in libraries near you!

### Lego Club

Lego building fun! Come along to have lego building fun. Fun and creative ideas for things to make and build. Children can boost their problem solving, focus, spatial and social skills.



### Storytime Sessions

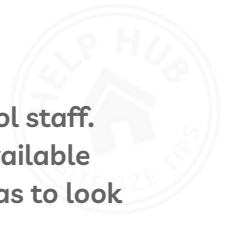
Storytime sessions help children aged 4 - 8 years develop a love of books, improve their listening skills, inspire creativity and feeds their imagination. Library staff read popular books and introduce children to a whole range of different authors.



### Mindful Colouring

Mindful Colouring groups are for anyone who wants to explore the world of adult colouring with intricate colouring patterns and designs. They can enhance well-being, help calm the mind and relieve stress through relaxed, meditative colouring in.





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!



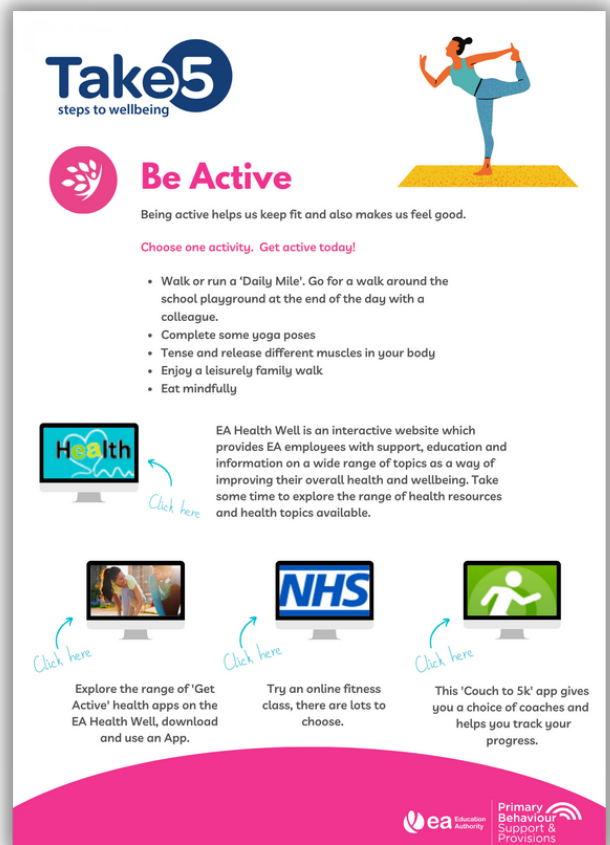


# Take 5

As we move into June and our final month of term, it is important for all staff to think about their own wellbeing. PBS&P have created a wellbeing booklet for school staff, linked to each of the areas of Take 5:

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

The booklet is full of ideas and suggestions for use both in school and at home. Also included are links to the EA Health Well, useful apps, courses and resources.



The 'Take 5 For Staff!' booklet can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.



# Primary 7 Transition

Primary Behaviour Support & Provisions have developed transition resources to offer pupils the opportunity to reflect on their time at school and support them to get ready to transition to a new school setting, using strategies to promote and support positive wellbeing.



**'My Book of Memories'** booklet for Primary 7 pupils to reflect on their time in Primary School

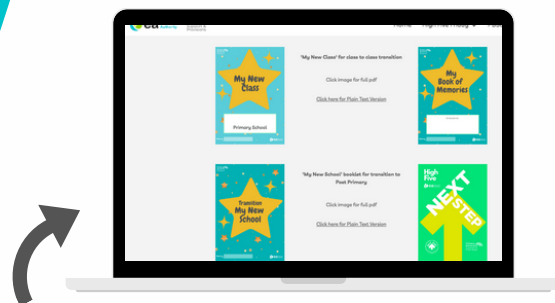


**'My New School'** booklet for transition to Post Primary



**'Next Step'** booklet for home for parents/guardians and Primary 7 pupils to work through together

## High Five Resource Hub



All of the PBS&P Transition resources can be accessed on the High Five C2k Resource Hub. If you have a C2k account click on the image to visit the hub.

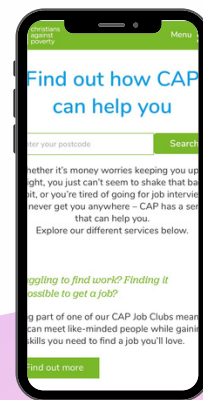
# When We Need Support

If you are having financial difficulties during this time, there is help you can access. Here are some of the local supports that are available if you are in difficulty.

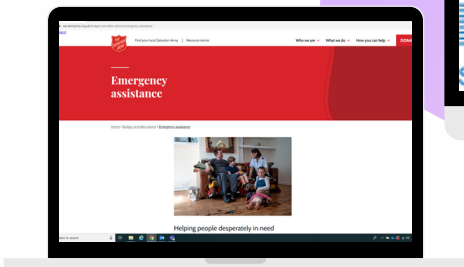


Click here

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.



The Salvation Army, St Vincent de Paul and Christian Against Poverty are all locally run charities that can provide assistance to families who are in financial difficulty.



Lifeline



Childline



ParentLine NI



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.