

PRIMARY SCHOOL

**DIRECTORY OF ONLINE RESOURCES, TRAINING AND
SCHOOL PROGRAMMES FOR TEACHERS:**

MENTAL HEALTH AND WELLBEING

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CATALOGUE OF WELLBEING RESOURCES FOR SCHOOLS



Topics	Key area 1 Culture and Environment	Key area 2 Curriculum (teaching & learning)	Key area 3 Policy and Planning	Key area 4 Relationship s & Partnerships
Anti-bullying	x	x	x	x
Child Protection	x	x	x	x
Classroom Management	x	x		x
Critical Incident	x		x	x
Data Protection			x	
External Programmes		x	x	x
Health and Wellbeing	x	x		
Inclusion	x	x	x	x
Internet Safety	x	x	x	
Parents Supports and Resources				x
Physical Education/Physical Activity		x		
Pupil Voice	x		x	x
Reluctant School Attendance	x	x	x	x
Restorative Practice	x			x
RSE /SPHE		x		
School Leadership	x	x	x	x
School Staff Wellbeing	x			x
Special Educational needs	x	x	x	x
Transitions	x		x	x

- Non-exhaustive list of documents and resources provided by the Department of Education, HSE and their agencies.
- Under the four key areas of wellbeing promotion: Culture & Environment, Curriculum, Policy & Planning and Relationships & Partnerships.

OIDE WELLBEING



- *NOT FULLY READY YET
- Access to supports and resources in relation to all aspects of Wellbeing – SPHE, Child Protection, Anti-bullying, Relationships and Sexuality Education, Wellbeing and more.

BREATHE – SCOILNET



- Developed by the PDST Primary Health and Wellbeing Team for primary schools.
- Featuring a range of calming breathing techniques, written activities and guided visualisations to bring about a sense of peace and comfort in any situation.
- Suitable for children of all ages and class levels.
- Tá leagan Gaeilge den acmhainn seo ar fáil freisin.



WALK IN MY SHOES (WIMS) RESOURCES – ST. PATRICK'S MENTAL HEALTH SERVICE



- Free Walk in My Shoes (WIMS) resources for children of primary school age.
- Including classroom presentations (more suited to older classes), classroom activities, guided mindfulness practices and mindfulness colouring.

St Patrick's
Mental Health Services



WALK IN MY SHOES (WIMS) – PORTAL

 **-WIMS PORTAL**

- A central hub of ideas and resources to help schools in their wellbeing and mental health promotion.
- Access to resources like videos, photographs, PowerPoint presentations, posters, leaflets, classroom exercises, and activity plans.
- Registration is required.

St Patrick's
Mental Health Services



CREATIVE MINDFULNESS RESOURCES

 [CREATIVEMINDFULNESS.COM](https://www.creativemindfulness.com)



- Meditations, mini mindfulness episodes, workbook pages and lots more.
- Developed by Louise Shanagher - mindfulness teacher and trainer, and children's therapist.



COMMON SENSE EDUCATION – LIST OF MINDFULNESS APPS

 **COMMON SENSE**

Meditation and Physical Exercise

Breathe, Think, Do with Sesame



Sesame Street winner teaches kids how to keep calm and carry on

Bottom Line: Highly effective tool for whole-class instruction or one-on-one intervention.

Grades: Pre-K-1 Price: Free

Get it now ▾

See full review

Super Stretch Yoga HD



Appealing videos inspire kids to move their bodies in new ways

Bottom Line: No-stress introduction to 12 yoga poses and the importance of good breathing captures kids' attention and gets them moving.

Grades: Pre-K-2 Price: Free

Get it now ▾

See full review

- Links to 39 apps and websites for building mindfulness in the classroom.
- Meditation exercises, physical activities, calming strategies, and role-playing scenarios.

SMART MOVES TRANSITION PROGRAMME

 **-ISPCC**

- FREE programme for schools.
- Learnable skills (“Smart Moves”) that increase resilience.
- For 5th and 6th class.
- **Ar fáil as Gaeilge freisin.**
- Application closed for school year (SY) 24-25 (**iarratas Gaeilge fós oscailte**).
- Applications open for SY 25-26.



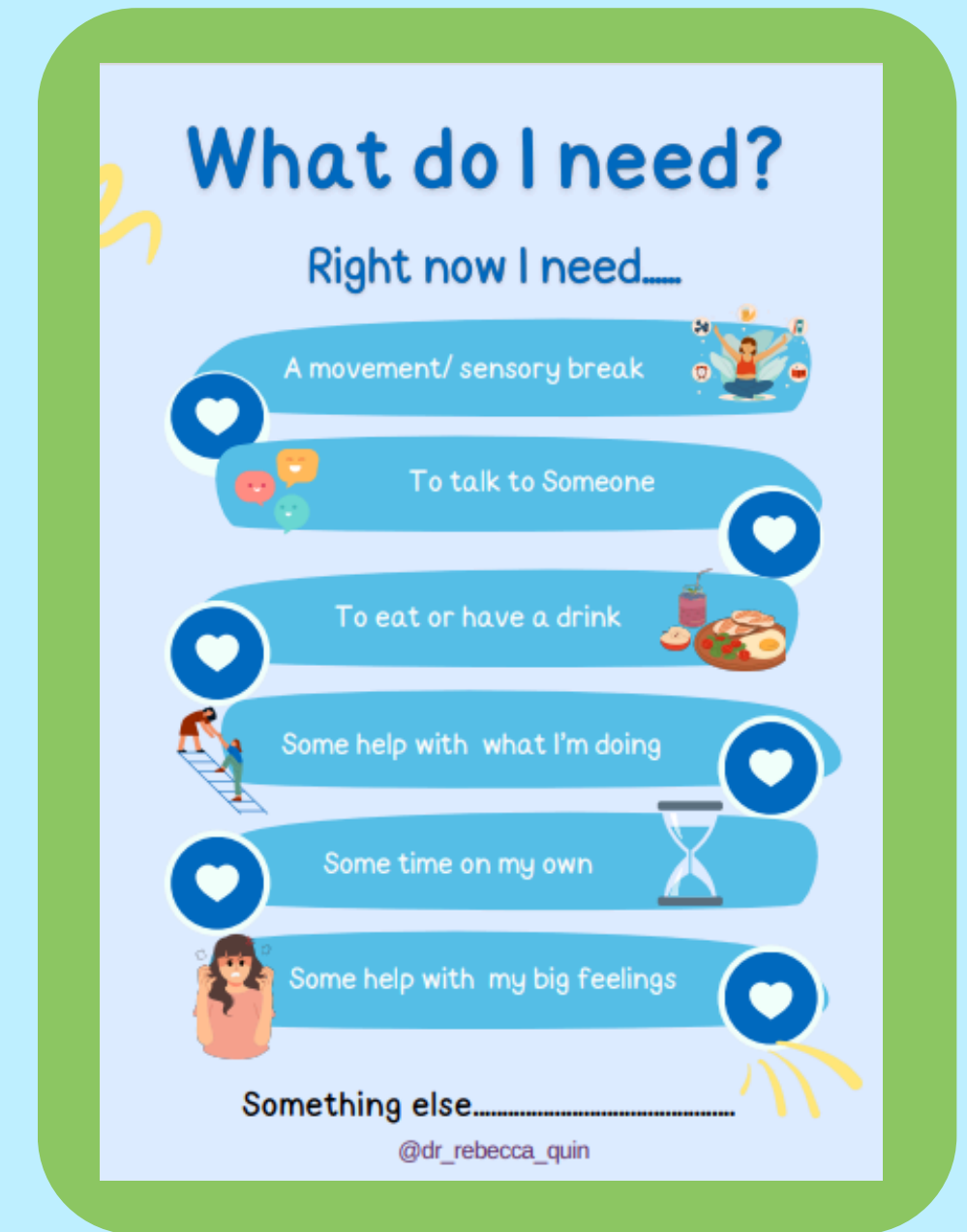
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THE PSYCHOLOGY PRACTICE RESOURCES LINKTREE

🔗-THE PSYCHOLOGY PRACTICE




- A range of resources for school-age children who are experiencing low level emotional and behavioural difficulties.
- Including resources and tips for school and home.



IRISH HEART FOUNDATION WELLBEING RESOURCES

 [-IRISHHEART.IE](https://www.irisheart.ie)

- Resources for movement breaks, mindfulness, PE and more.
- All resources are curriculum linked, and include a selection of interactive activities and classroom worksheets.
- [Acmhainní ranga ar fáil anseo,](#)
[Sosanna Spleodracha san áireamh.](#) 



HEADSTART KERNOW SCHOOLS' WELLBEING WEBSITE

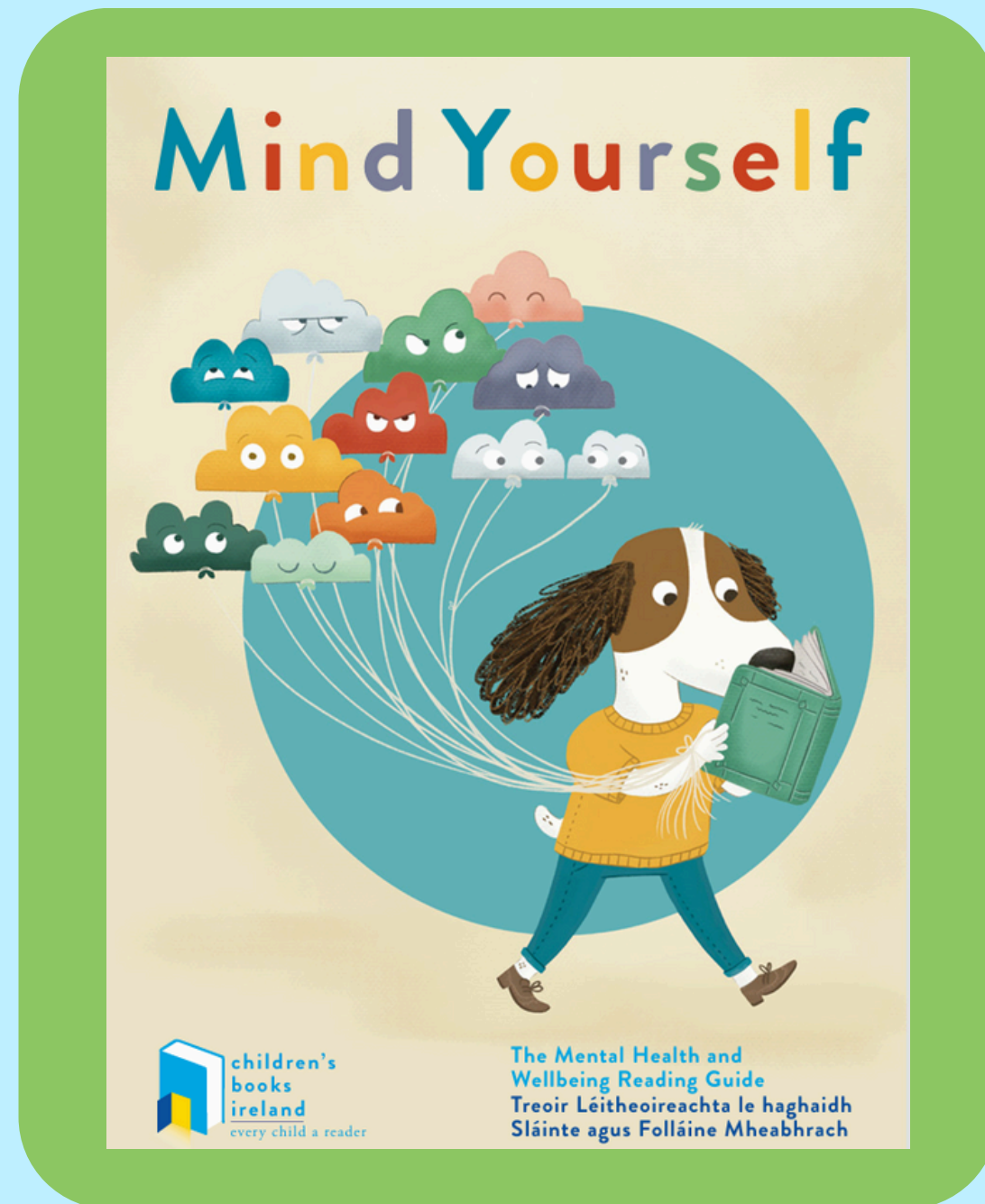


- Designed to help 8-11 year olds explore simple ways to explore and nurture their wellbeing.
- Worksheets and resources to help your pupils: become more aware of their emotions, identify and name their emotion and learn simple self-soothing strategies.



MIND YOURSELF READING GUIDE

 **CHILDREN'S BOOKS IRELAND**



- A themed reading guide detailing the best mental health and wellbeing titles for children and young people aged 0–18.
- A ‘first aid kit’ for worries, sadness, loneliness, anxiety and any number of feelings.
- Resource pack for primary teachers also available to download with questions and activities.
- **Leabhair Gaeilge san áireamh.**

DIRECTORY OF WELLBEING TEACHER PROFESSIONAL LEARNING (TPL) FOR PRIMARY SCHOOLS

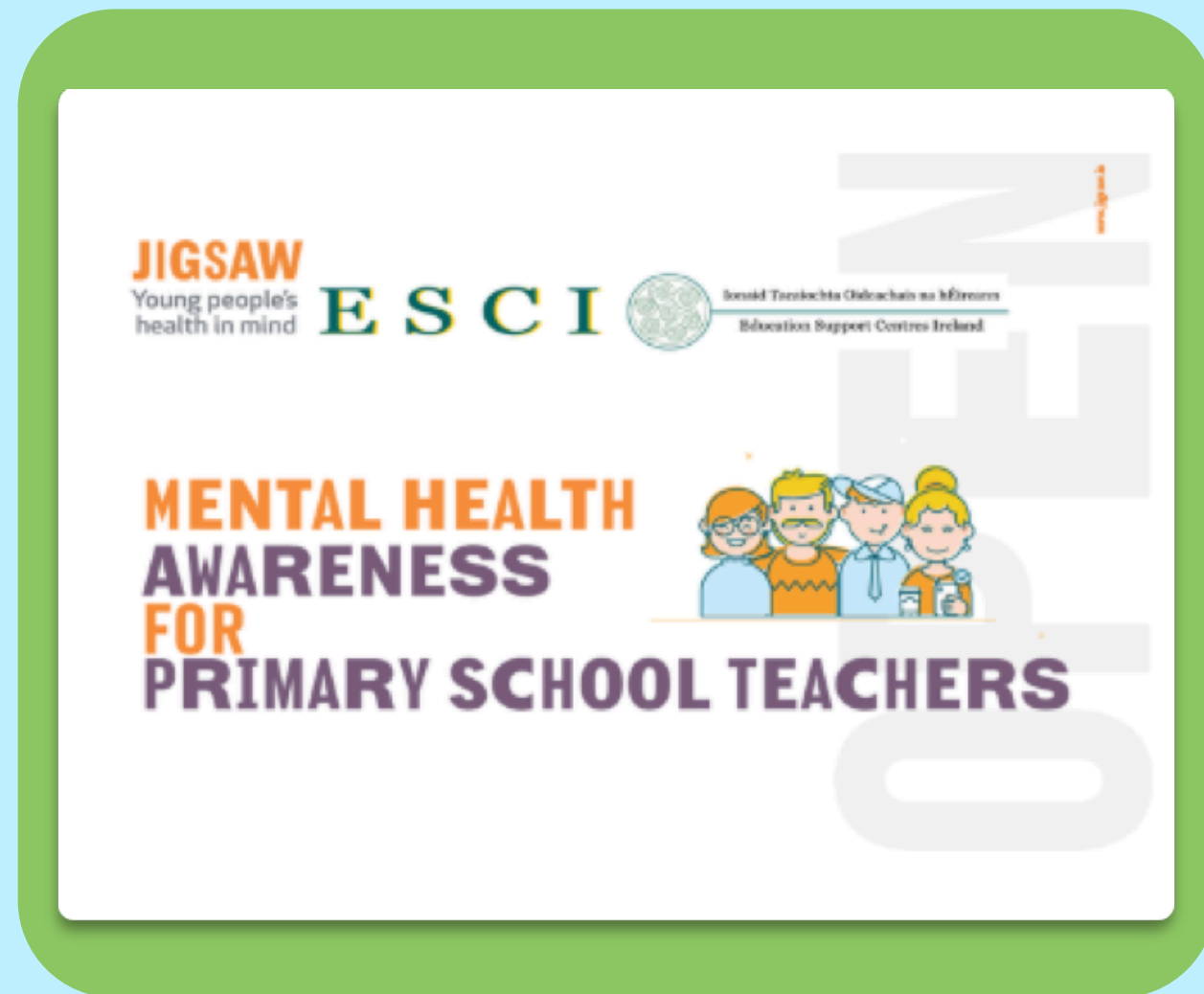


- An overview of the TPL opportunities provided by the Department of Education (DE) and its agencies.
- Under the four key areas of wellbeing promotion: Culture & Environment, Curriculum, Policy & Planning and Relationships & Partnerships.
- Updated for school year 24/25.

CPD opportunities linked to topics/subject areas	Key area 1 Culture and Environment	Key area 2 Curriculum (teaching and learning)	Key area 3 Policy and Planning	Key area 4 Relationships and Partnerships
Anxiety Prevention and resilience building		X		
Child protection	X	X	X	X
Classroom Management Strategies			X	X
Critical incident	X		X	X
Mental Health	X	X		X
Physical Education/Physical activity	X	X		
Restorative Practice	X		X	X
School Leadership	X		X	X
School Staff Self Care and Wellbeing	X		X	X
Social and emotional skills		X		x
Special Educational Needs	X	X	X	X
SPHE	X	X	X	X
Wellbeing Promotion/whole school wellbeing	X	X	X	X

MENTAL HEALTH AWARENESS FOR PRIMARY SCHOOL TEACHERS

 **JIGSAW.IE**



- One-hour online course.
- To increase the mental health literacy and skills of primary school teachers of 5th and 6th class pupils.

SUPPORTING WELLBEING IN SCHOOLS COURSE



Supporting wellbeing in schools course

Jigsaw's interactive eLearning course for school staff, on promoting and supporting youth mental health and wellbeing in schools.

- A self-directed course.
- Four modules, each taking approximately 40 minutes to complete.
- To provide staff with an increased knowledge and understanding of youth mental health.
- Practical strategies to promote and support youth mental health in school.

WELLBEING PROGRAMMES



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**SOCIAL AND EMOTIONAL SKILLS
PROGRAMMES BLOG**

ZIPPY'S FRIENDS

 [-HSE.IE](https://www.hse.ie)
 [-ZIPPY'S FRIENDS](#)



- A 24-session programme for teaching social and emotional skills.
- For children aged 5-7 years.
- Topics covered include feelings, communication, relationships, conflict resolution and more.
- The programme has been evaluated in Ireland and internationally and is ideal for your SPHE class.

ZIPPY'S FRIENDS



- Training provided by the HSE:
 - a. 1 day in-person training (approved for sub cover) - suitable for all teachers. [Book Here.](#)
 - b. 2-hour online training - for teachers experienced in delivering SPHE to this age group. [Book Here.](#)
- Programme materials only available with training.
- Maximum of 2 teachers per school will be allocated places.
- Training runs in September/October each year.


FRIENDS RESILIENCE



- Fun Friends (ages 4-7) and Friends for Life (ages 8-11) are school-based anxiety-prevention and resilience-building programmes.
- Develop effective strategies to cope with, problem solve and manage all kinds of emotional distress, including worry, stress, change and anxiety.



FRIENDS RESILIENCE

- Rolled out in conjunction with NEPS.
- Training consists of 3 on-demand modules which run for 4 hours each.
- Teachers will then be able to register for access to the Irish FR hub.
- Register for online training [here](#). 



THE INCREDIBLE YEARS

 [-HSE.IE](https://www.hse.ie)
 [-INCREDIBLE YEARS](#)

N.B. Training available for DEIS schools only*

- Early intervention programme to promote social, emotional and academic competencies.
- Reduce conduct problems and promote children's pro-social behaviour by strengthening classroom management strategies.
- Evidence-based practices include:
 - a. Building positive relationships with students.
 - b. Building positive relationships with parents and promoting home to school consistency.
 - c. Managing teacher stress.
 - d. Decreasing inappropriate behaviour.



THE INCREDIBLE YEARS


- Training delivered by NEPS psychologists. For further information about programmes in your locality, contact your school's NEPS psychologist.
- Programme delivered over 5-6 full-day workshops, with time in between for teachers to practise the new skills they are learning.



WEAVING WELLBEING

-WEAVING WELLBEING



- For 2nd-6th class.
- 10 lessons per class level to be implemented within the framework of the S.P.H.E curriculum.
- Based on the principles of Positive Psychology.
- Gives children the opportunity to weave positivity into their daily lives through activities such as: identifying and using character strengths, boosting positive emotions, and developing positive relationships.
- [Tá clár Fí na Folláine ar fáil as Gaeilge freisin.](#) 

WEAVING WELLBEING



- Training is NOT required to use the programme, however some training options are available:
 - a. Online summer course with EPV days, €69 per person; group rates available for schools [here](#).
 - b. Shortened online course available all year round (no EPV days), €49.50 [Sign up here](#).
- Resources in English or **as Gaeilge** to be purchased from www.otb.ie or from Easons.

A LUST FOR LIFE


 **-ALFLSCHOOL.COM**

— A —
LUST
— FOR —
LIFE
SCHOOLS
PROGRAMME

- 10-week programme for junior infants - 6th class.
- Build resilience, increase wellbeing & enhance emotional literacy by expanding pupils' understanding of feelings and emotions, and create a more compassionate and happier school environment.
- Content that is rooted in psychology, has been written by educational specialists and created by children for children.

A LUST FOR LIFE

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LUST
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SCHOOLS
PROGRAMME

- Sign-up here. 
- Once you are signed up and have received log-in details, you will have access to the teacher training resources including an e-guide and training video.
- Programme includes lesson plans, class activities, video and animated content, mindfulness exercises and a 'Try It At Home' series.

AMBER FLAG




- Primary schools can offer their students the opportunity to begin their wellbeing journey and learn the basics of positive mental health through subjects such as Aistear, SPHE, Arts Education and PE.
- Objectives:
 - a. Promoting positive mental health.
 - b. Enhancing inclusivity through teamwork and social support.
 - c. Reducing risk factors through increased awareness and education.
 - d. Improving quality of life for those with mental health challenges.



AMBER FLAG

How To Achieve Your Flag:

- Complete the Amber Flag registration form  (currently closed for 24/25).
- Create an Amber Flag Committee with a cross-section of students and staff.
- Carry out an audit on what has already been done to promote positive mental health.
- Set and complete a minimum of 3 mental health awareness goals.



SOCIAL AND EMOTIONAL SKILLS PROGRAMMES – BLOG

 **TEACHINGPLANS.IE**

- Information on, and evaluation of 13 social and emotional programmes for primary schools.
- By experienced Irish teacher.





MAYO
**Mental Health
Association**

Support

Mayo Mental Health Association
Tel: 094 903 8148 **Email:** admin@mayomha.ie

Mayo University Hospital A&E
Tel: 094 902 1733

MindSpace Young people aged 12-25
Tel: 094 906 7001 **Email:** info@MindSpacemayo.ie

Text 50808 – Free text **“Hello”** to **50808**
24hr service text50808.ie

Pieta House: 1800 247 247

The Samaritans: Free Phone: 116 123
24 hr support Samaritans.org

Childline: Free Phone: 1800 666 666, **Free Text:** 50101,
Live Message childline.ie, 24 Hr support

IACP: 01 230 3536 – Irish Association of Counselling and
Psychotherapy

Bealach Nua

Tel: 086 045 0835 / 087 974 9288

Castlebar Office: Mayo Mental Health Association,
2 New Antrim Street, Castlebar, Co Mayo, F23 KN20
Office Hours: Mon - Thurs 10 - 4pm, Fri 10 - 3pm

Ballina Office: Mayo Mental Health Association,
Bohernasup, Ballina, Co. Mayo, F26 Y4E0
Office Hours: Mon - Wed 9.30 - 4pm

Charity No: CHY7866



mayomha.ie





MAYO

Mental Health Association



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Primary Schools' Health Promotion Officer

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**Schools
Education
Programme**

**Social
Housing**

**Health
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