



MAYO

**Mental Health
Association**

PRIMARY SCHOOL

**DIRECTORY OF TEACHING RESOURCES,
PROGRAMMES AND TRAINING:**

MENTAL HEALTH AND WELLBEING



***NOT AN EXHAUSTIVE LIST**

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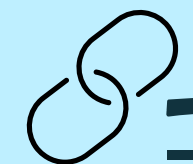
HEART, BODY AND MIND WELLBEING RESOURCES



- Wellbeing resources and teaching ideas including stories, meditation, finger painting, hopscotch and many more.
- Resources divided into heart, body and mind activities and are available to download as PDFs.
- May be more suited to a small class/ SEN setting.



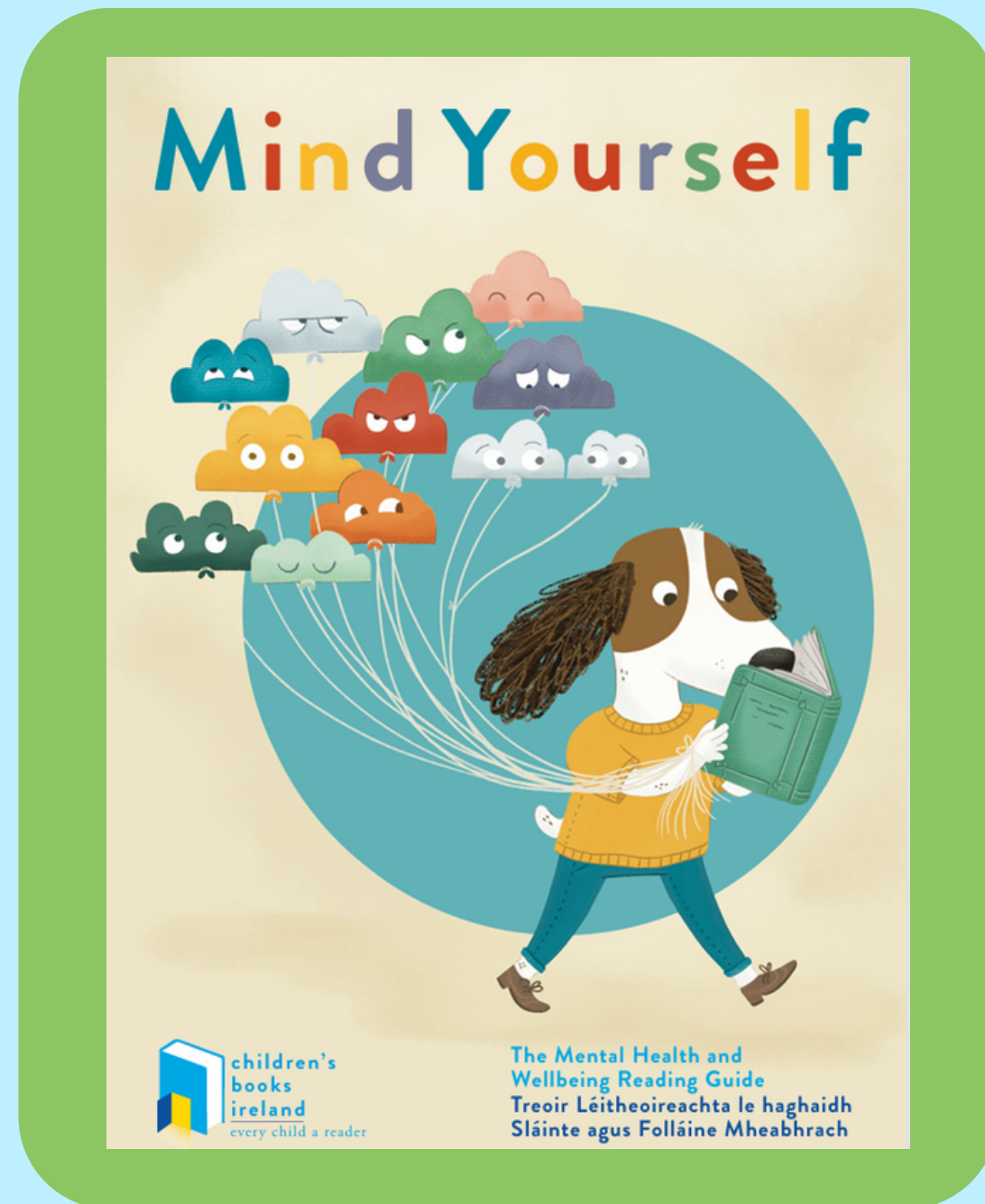
MY BRILLIANT PLACE TO BE ME

 **BRILLIANT ME SCHOOLS**



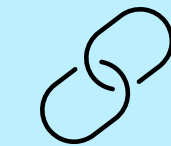
- Cornwall schools' wellbeing website.
- Designed to help 8-11 year olds explore simple ways to explore and nurture their wellbeing.
- Worksheets and resources to help your pupils: become more aware of their emotions, identify and name their emotion and learn simple self-soothing strategies.

MIND YOURSELF READING GUIDE



- A themed reading guide detailing 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 teachers also available to download.
- **Leabhair Gaeilge san áireamh.**

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

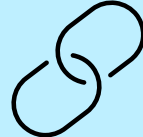
- Links to 39 apps and websites for building mindfulness in the classroom.
- Meditation exercises, physical activities, calming strategies, and role-playing scenarios.

COSMIC KIDS YOGA



- Kids yoga and mindfulness videos with Jamie.
- Watch for free on YouTube.
- 'Peace Out' guided relaxation videos also.
- 'Zen Den' mindfulness and self-regulation videos.

CREATIVE MINDFULNESS RESOURCES

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



- Meditations, mini mindfulness episodes, workbook pages and lots more.
- **Tá machnamh ar an anáil ar fáil trí Gaeilge freisin.**
- Developed by Louise Shanagher - mindfulness teacher and children's therapist.

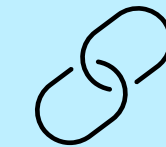


WELLBEING RESOURCES FOR SCHOOLS

- A range of psycho-educational resources for school staff and parents/guardians.
- To support children's learning about relaxation and regulation strategies, resilience, managing emotions, self-care for teachers and more.

Catalogue of wellbeing resources:

- Non-exhaustive list of documents and resources provided by the Department of Education, HSE and their agencies.

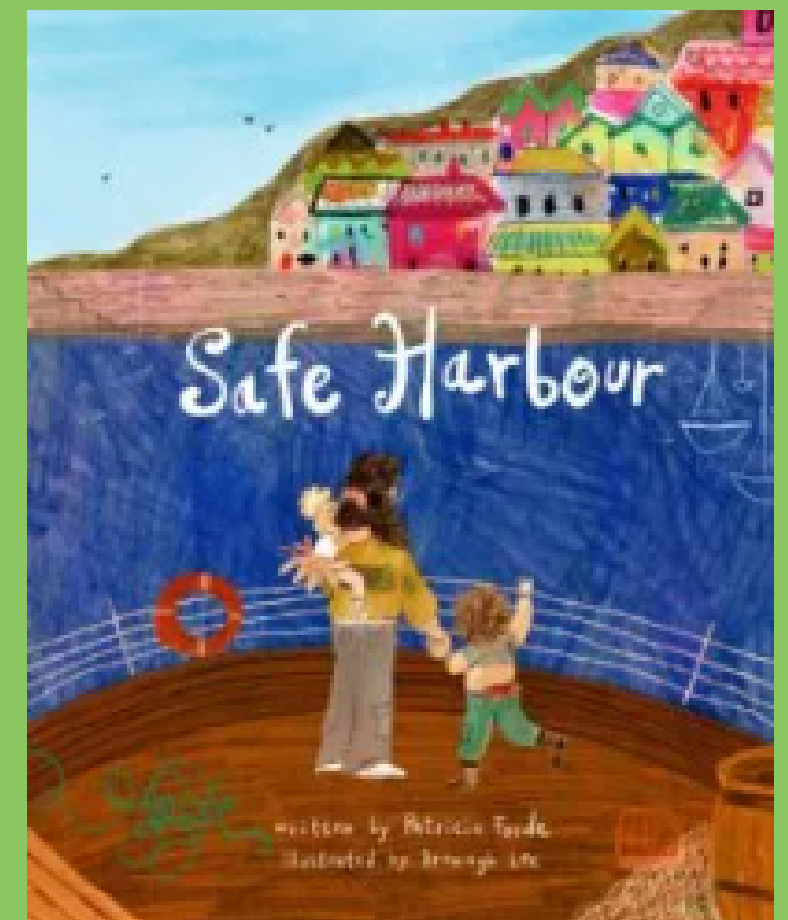
 **-CATALOGUE OF RESOURCES**  **-GOV.IE**



SAFE HARBOUR – IRISH CHILDHOOD BEREAVEMENT NETWORK



- Safe Harbour is an illustrated storybook for children who have been bereaved by suicide.
- Developed by bereavement experts and people with lived experience.
- Two versions available: one in which the child's father dies (Book A) and one in which their mother dies (Book B).
- Audiobook, podcast series and activities also available.
- **Tá an leabhar ar fáil trí Gaeilge freisin.**



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.](#) 



OIDE WELLBEING



- Access to supports and resources in relation to all aspects of Wellbeing – SPHE, Child Protection, Anti-bullying, Relationships and Sexuality Education, Wellbeing and more.

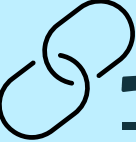
BREATHE – SCOILNET



- Features a range of calming breathing techniques, written activities and guided visualisations.
- Suitable for children of all ages and class levels.
- [Tá leagan Gaeilge den acmhainn seo ar fáil freisin.](#)
- Many other wellbeing resources also available on Scoilnet, including printables, ebooks, resources for the staffroom and more.



SUÍ MINDFULNESS VIDEOS

 **-MINDFULNESS MATTERS**

- Free breath practices designed for emotional release.
- Suitable for 4-7 year olds.
- Developed by Westport-based Derval Dunford & Mick Hogan.
- Featured on RTE Junior.



THE MINDFULNESS TEACHER



- Children's breathing, mindfulness & relaxations for mental & emotional wellbeing, calm & focus in the classroom.
- Child-friendly illustrations and videos.
- Practise real meditation techniques such as belly breathing and body scans.



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



- Free wellbeing resources for children of primary school age.
- Including classroom presentations (more suited to older classes), classroom activities, guided mindfulness practices and mindful colouring.
- **Tá roinnt de na hacmhainní ar fáil as Gaeilge freisin.**



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THE STRESS FACTOR – NEPS

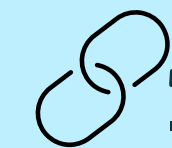
DIRECTORY OF WELLBEING TEACHER PROFESSIONAL LEARNING (TPL) FOR PRIMARY SCHOOLS

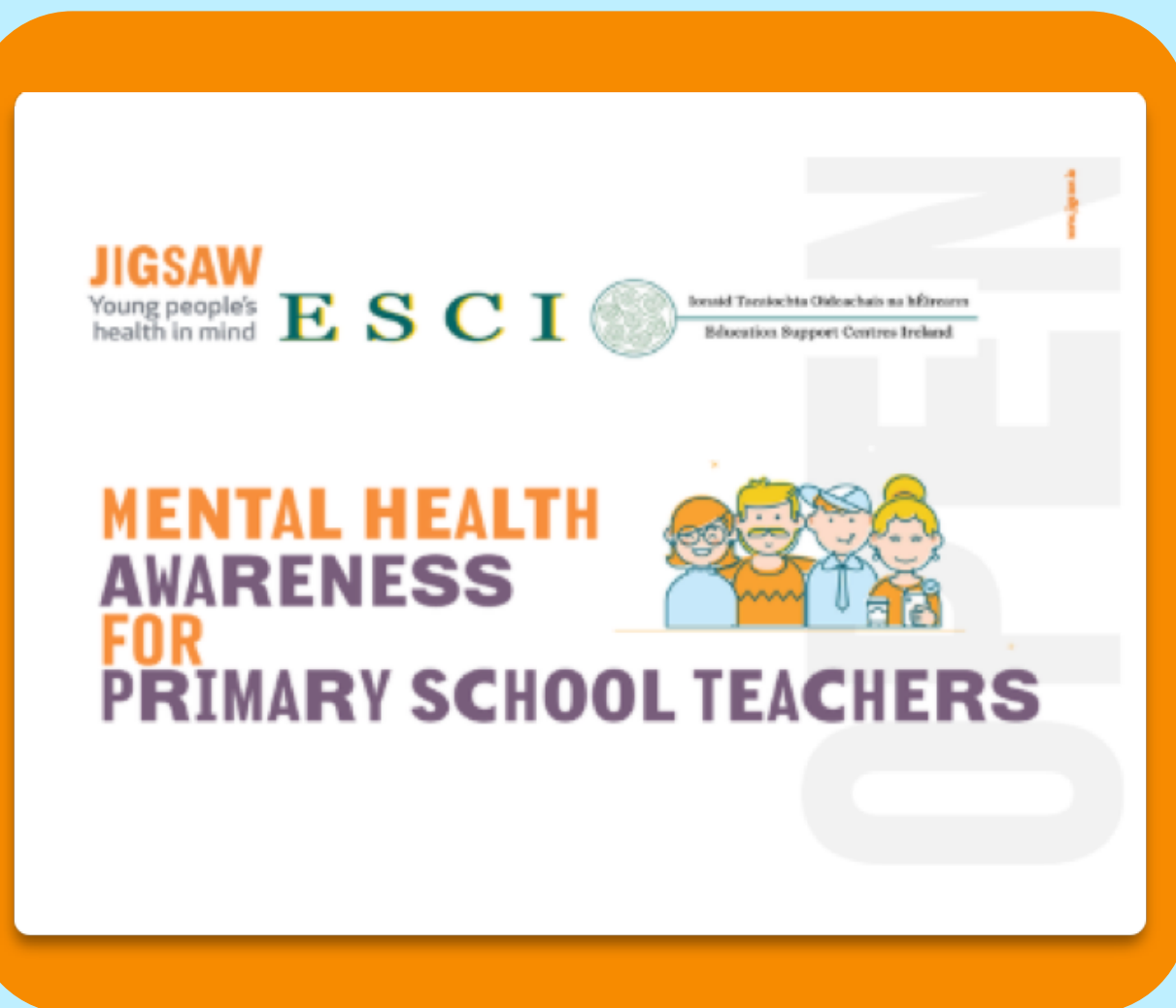


- An overview of the TPL opportunities provided by the Department of Education (DE) and its agencies.
- Under the four key areas of wellbeing promotion: Culture & Environment, Curriculum, Policy & Planning and Relationships & Partnerships.
- Updated for school year 24/25.

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

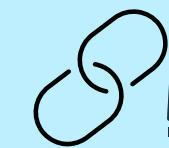


Supporting wellbeing in schools course

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.

INTRODUCING A TRAUMA INFORMED APPROACH: THE STRESS FACTOR – GETTING THE BALANCE RIGHT

 **NEPS E-LEARNING**



- Self-paced
- The first in a series of NEPS e-learning programmes introducing a trauma informed approach to supporting the wellbeing of all students and staff in schools.
- The focus in this first short course is on the impact of stress on wellbeing.

***PROGRAMMES IN ALPHABETICAL ORDER**

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ZIPPY'S FRIENDS

A LUST FOR LIFE

 **-ALFLSCHOOL.COM**

**— A —
LUST
— FOR —
LIFE
SCHOOLS
PROGRAMME**

- Free 10-week programme for junior infants - 6th class.
- Build resilience, increase wellbeing & enhance emotional literacy.
- 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.

How To Achieve Your Flag:

- Complete the Amber Flag registration form 
- 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.



FRIENDS RESILIENCE



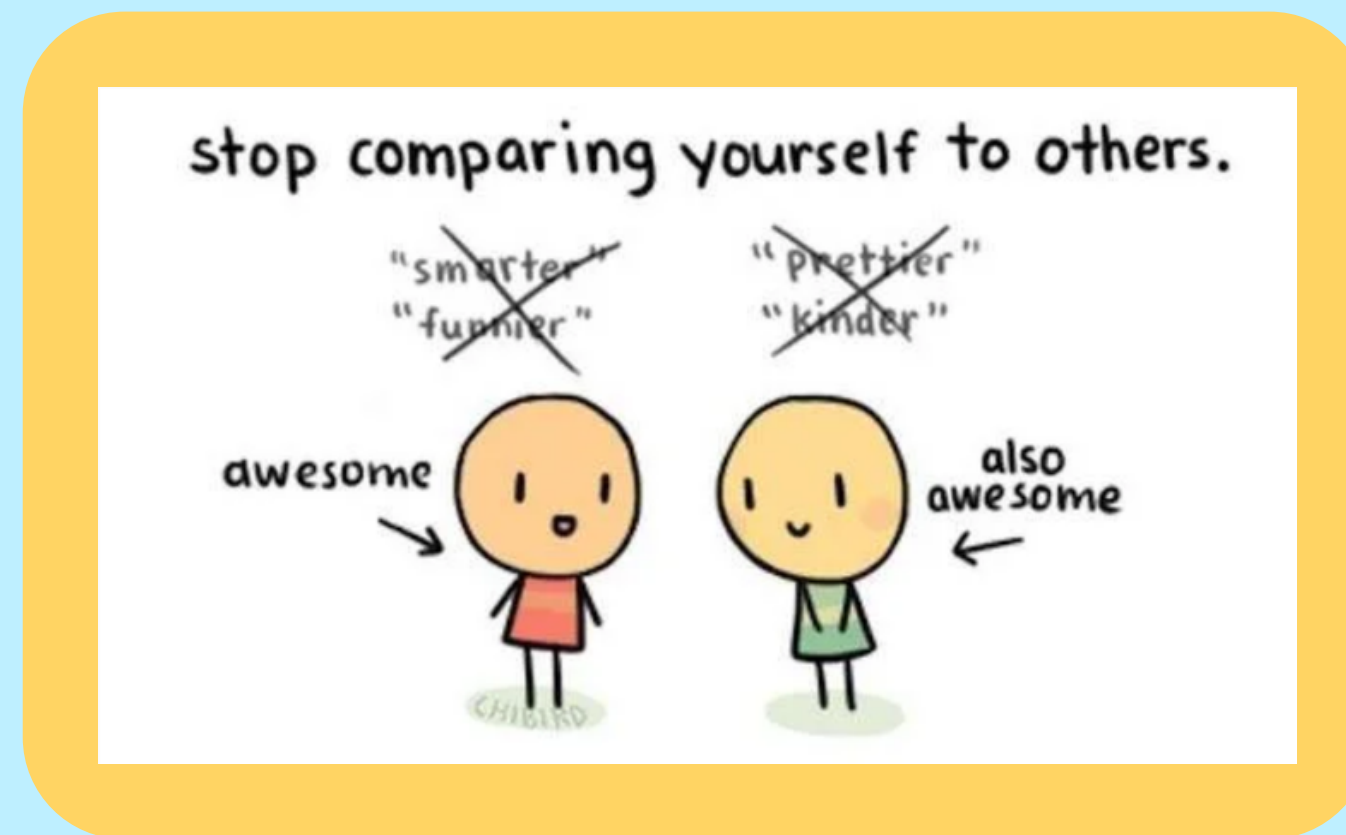
- Fun Friends (ages 4-7) and Friends for Life (ages 8-11) are school-based anxiety-prevention and resilience-building programmes, which help children develop strategies to cope with all kinds of emotional distress.
- Rolled out in conjunction with NEPS.
- Training consists of 3 on-demand modules which run for 4 hours each, and teachers can then register for access to the Irish FR hub.
- Register for online training [here](#).



HAPPY TO BE ME PROGRAMME



- The 'Happy To Be Me' resource has been developed to provide teachers with fun, easy to use materials to promote positive body image and self-esteem in primary school children.
- Includes 4 age-appropriate lessons for each class from junior Infants all the way through to sixth class.



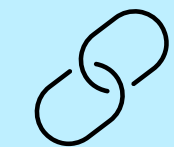
MIND ME-MIND YOU – CYCLE AGAINST SUICIDE



- Aligning with the primary schools' well-being curriculum, this child-centred programme promotes resilience and social and emotional competence, equipping children with the knowledge and skills needed to address a multitude of life situations throughout their development.
- Schools are invited to complete 5 topics over the school year from a range of topics including resilience, change and gratitude.
- Programme includes story videos, complete lesson plans including worksheets and sample whole school exercises.
- Register for free here
- **Tá leagan Gaeilge ar fáil freisin.**



SMART MOVES TRANSITION PROGRAMME

 **-ISPCC**



- FREE programme for schools.
- Learnable skills (“Smart Moves”) that increase resilience.
- For 5th and 6th class.
- Applications open for SY 26-27.
- **Ar fáil as Gaeilge freisin.**



ispcc

THE INCREDIBLE YEARS

 **-INCREDIBLE YEARS**
 **-GOV.IE**

****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.
- 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.



WEAVING WELLBEING/**FÍ NA FOLLÁINE**

-WEAVING WELLBEING



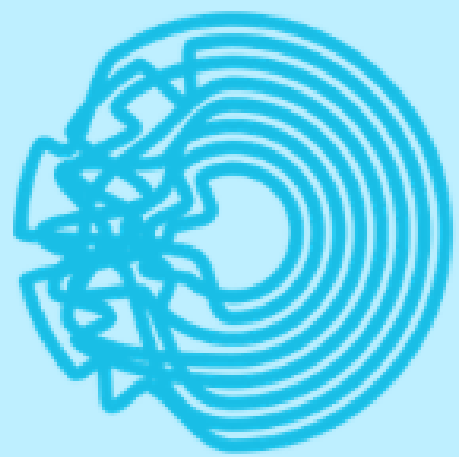
- 10 lessons per class level (2nd-6th) based on the principles of Positive Psychology and including topics such as character strengths, positive emotions and relationships.
- Training is NOT required to use the programme, however, an online course is available (€49.50): Weaving Wellbeing online course (non- EPV) 
- Resources to be purchased from www.otb.ie  or from Easons.
- **Tá clár Fí na Folláine ar fáil freisin.** 

ZIPPY'S FRIENDS

 **-ZIPPY'S FRIENDS**



- A 24-session programme for teaching social and emotional skills, including topics such as feelings, communication, conflict resolution and more.
- For children aged 5-7 years.
- Training provided by the HSE at scheduled times of the year:
1 day in-person training, approved for sub. cover, (max. 2 teachers per school) - [Book Here](#) 



MAYO

Mental Health Association



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