

FEELING GOOD IN BODY AND MIND

YOUR WAY TO WELLBEING FOR THE NEW YEAR

GOOD HABITS MAKE DIFFERENCE



26 JAN, 2 FEB & 9 FEB @ 10.00 A.M.

Ionad Tacaíochta Oideachais na Gaillimhe
GALWAY EDUCATION SUPPORT CENTRE



FEELING GOOD IN BODY AND MIND

**FEELING GOOD IN BODY & MIND: YOUR WAY TO WELL-BEING
FOR THE NEW YEAR**

**THIS 3-SESSION IN-CLASS WEBINAR SERIES FOR 4TH TO 6TH
CLASS STUDENTS AIMS TO GIVE CHILDREN THE OPPORTUNITY TO
REFLECT ON THEIR WELL-BEING AND RESILIENCE, AS WELL AS
PROVIDING THEM WITH SOME PRACTICAL IDEAS TO ENHANCE
THEIR OWN WELL-BEING AND MENTAL HEALTH FOR THE YEAR
AHEAD.**

**EACH SESSION WILL BE 40 MINUTES LONG AND CHILDREN WILL
NEED TO HAVE A PEN AND PAPER FOR THE PERSONAL
REFLECTIONS AND ACTIVITIES.**

TUTOR: FIONA FORMAN

26 JAN, 2 FEB & 9 FEB @ 10.00 A.M.



REGISTER: WWW.GALWAYEC.IE

**Ionad Tacaíochta Oideachais na Gaillimhe
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SESSION 1: WEDNESDAY 26 JAN @ 10.00 A.M.

UNDERSTAND YOUR WELLBEING

THIS SESSION WILL GIVE CHILDREN THE OPPORTUNITY TO THINK ABOUT WHAT WELL-BEING MEANS AND EXPLORE WHAT HELPS THEM TO FEEL GOOD AND STRONG IN BODY AND MIND. WE WILL TAKE A LOOK AT THE 5 DIMENSIONS OF WELL-BEING - PHYSICAL, EMOTIONAL, MENTAL, EMOTIONAL AND SPIRITUAL, AND CHILDREN WILL BE ENCOURAGED TO IDENTIFY ACTIVITIES THAT NURTURE THEIR WELL-BEING IN EACH DIMENSION.



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SESSION 2: WEDNESDAY 2 FEB @ 10.00 A.M.

REBOOT YOUR RESILIENCE

RESILIENCE IS A KEY ASPECT OF WELL-BEING, SO THIS SESSION WILL EXPLORE WHAT THIS MEANS, AS WELL AS GIVING CHILDREN THE OPPORTUNITY TO THINK ABOUT WHAT HELPS THEM TO FEEL RESILIENT. A NUMBER OF KEY RESILIENCE SKILLS WILL ALSO BE OUTLINED AND CHILDREN WILL BE ENCOURAGED TO USE THEM.

THERE WILL ALSO BE A RECAP OF SESSION 1.



FEELING GOOD IN BODY AND MIND

SESSION 3: WEDNESDAY 9 FEB @ 10.00 A.M.

REBOOT YOUR RESILIENCE

THERE WILL BE RECAP OF THE FIRST 2 SESSIONS AND THEN WE WILL EXPLORE THE IMPORTANCE OF SELF-KINDNESS, AND HOW TO DEVELOP A 'KIND MIND'. DEVELOPING SELF-COMPASSION IN THIS WAY IS ANOTHER KEY ASPECT OF WELL-BEING.

