

# ⏸ Breathe ▶

Student

*Together we can change the landscape...*

Breathe is a programme developed to raise awareness around well-being and positive mental health for young people. It will help to improve the social and emotional lives of students.

Students will learn how to express themselves in a creative manner enclosed in a safe and non-judgemental environment. The aim is to enjoy and learn without the pressures and constraint imposed by performances. Students will have the opportunity to open the lines of communication using their own words, movement and creative arts.

We all lead busy lives, as part of the Breathe workshops we invite you to:

**Pause** Take a moment

**Breathe** Take a deep Breath

**Play** Now move on with more confidence and composure



[justbreathe.ie](http://justbreathe.ie)



[@breatheireland](https://twitter.com/breatheireland)

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## During the 'Breathe' workshops...

### Student's will:

Have the opportunity to express themselves

They will engage with one another

They will feel good

The workshop is interactive and gives students the opportunity to express themselves. The students use the creative arts as a means to explore their feelings. This is done through various mediums such as Poetry, Song, Artwork, Drama and Creative writing.

The workshop is fun and energetic. BREATHE is a space created by the students, for the students.

Students can upload creative work and follow their school's dedicated webpage on the 'Breathe' website [www.justbreathe.ie](http://www.justbreathe.ie)

For more information

**Visit:** [justbreathe.ie](http://justbreathe.ie)

