

⏸ Breathe ▶

Teacher

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 teach how to improve the social and emotional lives of students.

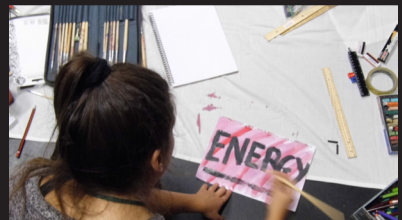
TEACHERS will learn how to keep this project alive through the school community long after the workshops have finished. They will be encouraged to integrate the acquired knowledge into the classroom, through subjects like Religion, SPHE, CSPE etc.

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



@breatheireland

1890 258 358



During the 'Breathe' workshops...

Teacher's will

Improve Communication

Re-engage with and better understand students

Gain confidence and coping skills in their work

Through drama games and acting exercises
Teachers will learn to engage with their students.

Each teacher will be given a hand-out with
guidelines on how to assist the students in
becoming emotionally literate.

Teachers will also be asked to continually update
and upload student's work onto their school's
dedicated webpage on the
'Breathe' website www.justbreathe.ie

For more information

Visit: justbreathe.ie

