



Primary School Wellbeing Course

Overview



Our Primary Wellbeing Programme is a comprehensive 10-week course designed to support the mental, emotional, and physical wellbeing of students.

The course encourages active participation, with activities ranging from mindfulness exercises to creative projects, all aimed at enhancing the learning experience and promoting overall wellbeing.

Our course is aligned with the **NCCA Draft Primary Wellbeing Specification 2024**, ensuring relevance and educational value.

As you will see on the following pages, each week, we'll delve into various aspects of wellbeing.

Here's what each lesson includes:

Teacher Resources

- Comprehensive lesson plans, course videos, suggested class activities.

Parental Involvement

- Prepared weekly emails and resources for schools to keep parents informed and engaged throughout the 10 weeks.

Week 1: Introduction to Wellbeing and Self-Identity

1 Understanding Yourself

Self-identity is about knowing who you are and what makes you unique.

2 Appreciating Your Uniqueness

It's important to value your qualities and embrace what makes you special.

3 Celebrating Your Identity

Self-identity helps you understand and appreciate your own strengths and talents.



Week 2: Emotional Awareness and Expression

Recognising Emotions

Emotions are feelings like happiness, sadness, anger, and fear.

Healthy Expression

Expressing emotions in healthy ways helps you manage them and communicate better.

Understanding Your Feelings

Recognising and expressing your emotions helps you understand yourself better.



Week 3: Building Healthy Relationships



Qualities of Good Friends

Good friends are kind, supportive, and respectful.



Showing Respect

Respecting others means listening to their opinions and valuing their thoughts.



Resolving Conflicts Calmly

Calmly resolving conflicts helps strengthen relationships and avoid arguments.



Week 4: Understanding and Managing Stress

1

What is Stress?

Stress is a feeling of worry or pressure.

2

Healthy Stress Management

Taking deep breaths, relaxing, and engaging in enjoyable activities can help manage stress.

3

Benefits of Stress Management

Managing stress helps you stay healthy and feel better.

Week 5: Motivation for Healthy Living

1

Healthy Lifestyle Choices

Making good choices about food, exercise, and sleep is important for a healthy lifestyle.

2

Benefits of Physical Activity

Physical activity helps you stay fit, healthy, and improves your mood.

3

Importance of Nutrition

Eating nutritious foods provides your body with the energy it needs to grow and thrive.



Week 6: Personal Safety and Decision-Making



Staying Safe

Making safe decisions helps you stay out of trouble and keep yourself and others safe.



Home Safety

Following safety rules and being aware of potential dangers at home is important.



Stranger Danger

If a stranger tries to talk to you, say "No!" and run to a safe place.





Week 7: Digital Wellbeing and Media Influence

Digital Safety

Ignore messages from strangers and report them to a trusted adult.

Privacy Settings

Control who can see your information on social media.

Media Influence

Be aware of how media can shape your thoughts and actions.

Week 8: Physical Wellbeing and Movement



1

Importance of Physical Activity

Aim for at least 60 minutes of physical activity each day.

2

Benefits of Movement

Physical activity improves your mood, energy levels, and overall health.

3

Types of Physical Activity

Engage in activities you enjoy, like sports, dancing, or playing outside.

Week 9: Community and Belonging

What is a Community?

A community is a group of people living in the same area or sharing common interests.

Importance of Belonging

Feeling like you belong to a community provides a sense of connection and support.

Contributing to Your Community

Help and participate in community activities to make a positive impact.



Week 10: Reflecting On Our Journey

The final lesson focuses on reflecting on the well-being principles learned throughout the course and applying them in daily life. We will revisit key topics and consider how they connect to our personal growth and overall well-being.

Recap of Wellbeing Principles

Students revisit key topics such as self-identity, emotional awareness, stress management, and healthy relationships, considering how these lessons contribute to their personal growth.

Applying Wellbeing in Daily Life

Practical strategies are discussed for integrating well-being principles into everyday routines, from maintaining healthy habits to managing stress and fostering positive relationships.

Looking Forward

Students are guided to set personal goals that align with their newfound understanding of well-being, ensuring that the benefits of the course extend long after it concludes..





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Week 10: Reflection and Application of Wellbeing Principles

In Lesson 10 we Reflect on the wellbeing principles learned throughout the previous 9 weeks and apply them in daily life.

