



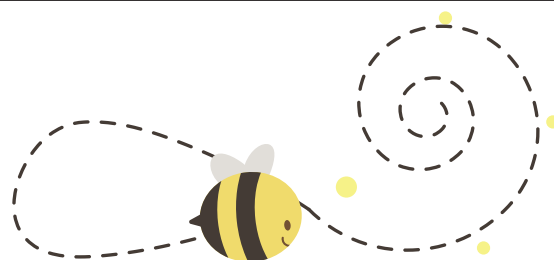
# Breathe.

• Self-regulation  
and Relaxation  
Techniques for  
Children

Printable Activity Cards and Guided  
Visualisations for Children of all Ages

# Contents

<b>Breathing Techniques for Children</b>	<b>3</b>	Confidence in PE	27
Elephant Breathing	4	The Parachute	28
Sun Breathing	5	The Treehouse	29
Take 5 Breathing	6	Mindful Movements	30
Bumblebee Breathing	7	Hot Air Balloon Ride	31
Ocean Breathing	8	Being Happy	32
Snake Breathing	9	My Brain is my Control Centre	33
Back to Back Breathing	10	Random Acts of Kindness	34
Teddy Breathing	11	The Wonder of Life	35
Shoulder Breathing	12	The Best Version of Yourself	36
Rainbow Breathing	13	Learning to Deal with Worry	37
Reflection – Journaling Activity	14	Affirming and Accepting Myself	38
Breathing Activity Sheet – Star Breathing	15	The Sleepy Train	39
Breathing Activity Sheet – Rainbow Breathing	16	Decisions Have Consequences	41
Breathing Activity Sheet – Square Breathing	17	Ag éisteacht leis an ngaoth	42
Breathing Activity Sheet – Surf Breathing	18	Teach na gcruthanna	43
		Marcaíocht ar bhalún aer te	44
		Sonas	45
		M'inchinn	46
		Gníomhartha Fánacha Cineáltais	47
		Iontas Na Beatha	48
		An Leagan is Fearr Díom Féin	49
		Ag Plé le hImní	50
		Dearbhú agus Glacadh liom féin	51
		Bíonn Torthaí ag Cinntí	52
<b>Supporting children's emotional wellbeing using visualisations</b>	<b>19</b>		
Time at the Beach	20		
The End of the Rainbow	21		
The Sound of the Countryside	22		
Listening to the Wind	23		
House of Shapes	24		
Woodland Walk	25		
Seaside Relaxation	26		



# Breathing Techniques for Children

## Building self-regulation, self-awareness and selfconfidence

*Becoming aware of your breath and learning to control it is a useful self-regulation tool that allows children to gain composure, develop good posture, relax, de-stress and better understand themselves and others.*

In our daily lives, our breathing frequently reflects our state of mind. Each thought and feeling expresses itself in the form of relaxation or tension, peace or worry, receptiveness or fear, and triggers a biochemical reaction in the body. In normal speech too, there are many expressions that relate to the relationship between the body, mind and breathing: you catch your breath, something takes your breath away, you wait with bated breath, you take a breather, you come up for air, etc. If you are relaxed, your breathing is regular, deep and calm. However, if you are experiencing turmoil, your breathing becomes shallow, rapid and irregular. We can use breathing techniques to bring about a calm mind.

Children can use breathing techniques to deal with anxiety, anger and tension. They can be taught how to apply an awareness of breath to stressful situations such as dealing with exams and tests, conflicts or being bullied, as well as before performing or presenting to their peers and parents. Breathing techniques can also help children to create a space into which they can come to understand their own emotions such as anxiety, anger or worry, and the physiological responses that these emotions manifest in their bodies such as tummy aches, headaches and fatigue.

Children should be encouraged to develop a toolkit of breathing strategies that they can tap into at any time, or anywhere. Remember, your breath goes everywhere with you! These strategies will help them to relax and find a sense of calm and peace when faced with overwhelming emotions or challenging situations.

The following breathing activities can be used by children of all ages, and adults too. Children should be encouraged to build up their breathing practice slowly, starting with three breaths and building up to as many as they need in a given situation. Once children have developed a breathing practice as a self-regulation skill, they might even like to create their own new breathing techniques based on animals or nature.



# Elephant Breathing



## Elephant Breathing Technique

**Stand** with your feet wide apart. Interlace your fingers in front of you. Inhale through your nose, raising your arms high above your head, like an elephant lifting up it's trunk. Exhale through your mouth as you bend forward, swinging your hands down through your legs.

# Sun Breathing



## Sun Breathing Technique

**Sit** in a comfortable position with your hands placed gently on your lap. Inhale, reaching one arm up high to grab the sunshine. Exhale through your mouth with a strong ‘hah’ sound as you pull this sunshine down towards your heart. Inhale and reach up with the opposite arm. Exhale with a ‘hah’ sound, drawing the sunshine towards your chest.

# Take 5 Breathing



## Take 5 Breathing Technique

**Sit** comfortably, with your hands resting in your lap. Open one hand in front of you, and place the pointer finger of the other hand at the base of your thumb. Inhale, trace your finger up to the top of your thumb. Exhale, trace the finger down the inside of your thumb to the base of your first finger. Repeat for all the fingers – inhale to the top, exhale to the bottom.

# Bumblebee Breathing



## Bumblebee Breathing Technique

**Sit** in a comfortable position, with your hands resting in your lap. Inhale through your nose and exhale through your mouth, keeping your lips closed. Make a humming ‘mmmm’ sound as you exhale. Make sure your face and lips are soft and relaxed so that you can feel the vibration!

# Ocean Breathing

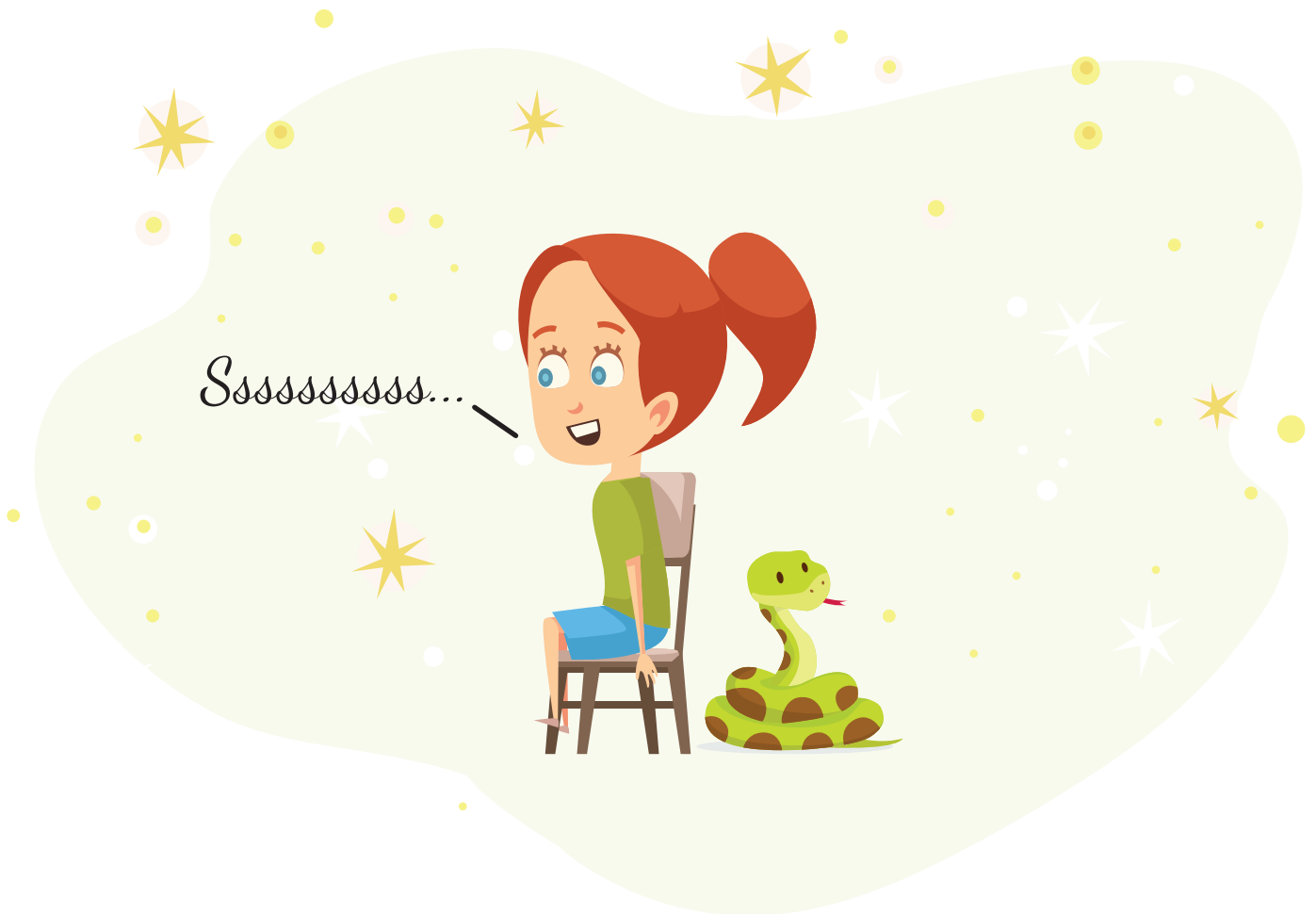


## Ocean Breathing Technique

**Stand** with your feet wide apart, or sit in a comfortable position. Inhale through your mouth or nose. Exhale with your mouth wide open making a long ‘haaaaahhh’ sound. Imagine the sound of the ocean. Wave your arms up over your head as you inhale and down by your side as you exhale if you like.



# Snake Breathing



## Snake Breathing Technique

**Sit** in a comfortable position. Inhale through your nose and exhale through your mouth, making a long 'ssssss' sound, like a snake. Try to make the exhalation last as long as you can before you inhale again.

# Back to Back Breathing



## Back to Back Breathing Technique

Find a partner and **sit** on the floor back to back. Sit tall and close your eyes if you like. Take a deep breath in and then exhale slowly. Your partner will feel the expansion in your back each time you breathe in.

At first, take turns to feel the other person breathe, and then work together trying to synchronise and feel the movements of your breath.

# Teddy Breathing



## Teddy Breathing Technique

**Lie down** on your back, on the floor. Place a teddy or other soft object on your tummy. Close your eyes if you like. As you inhale and exhale, feel the teddy rise and fall with the rise and fall of your belly. Rock the teddy gently to sleep using this movement. Ask your friend if you can watch them doing this activity, so that you can see the teddy going up and down.

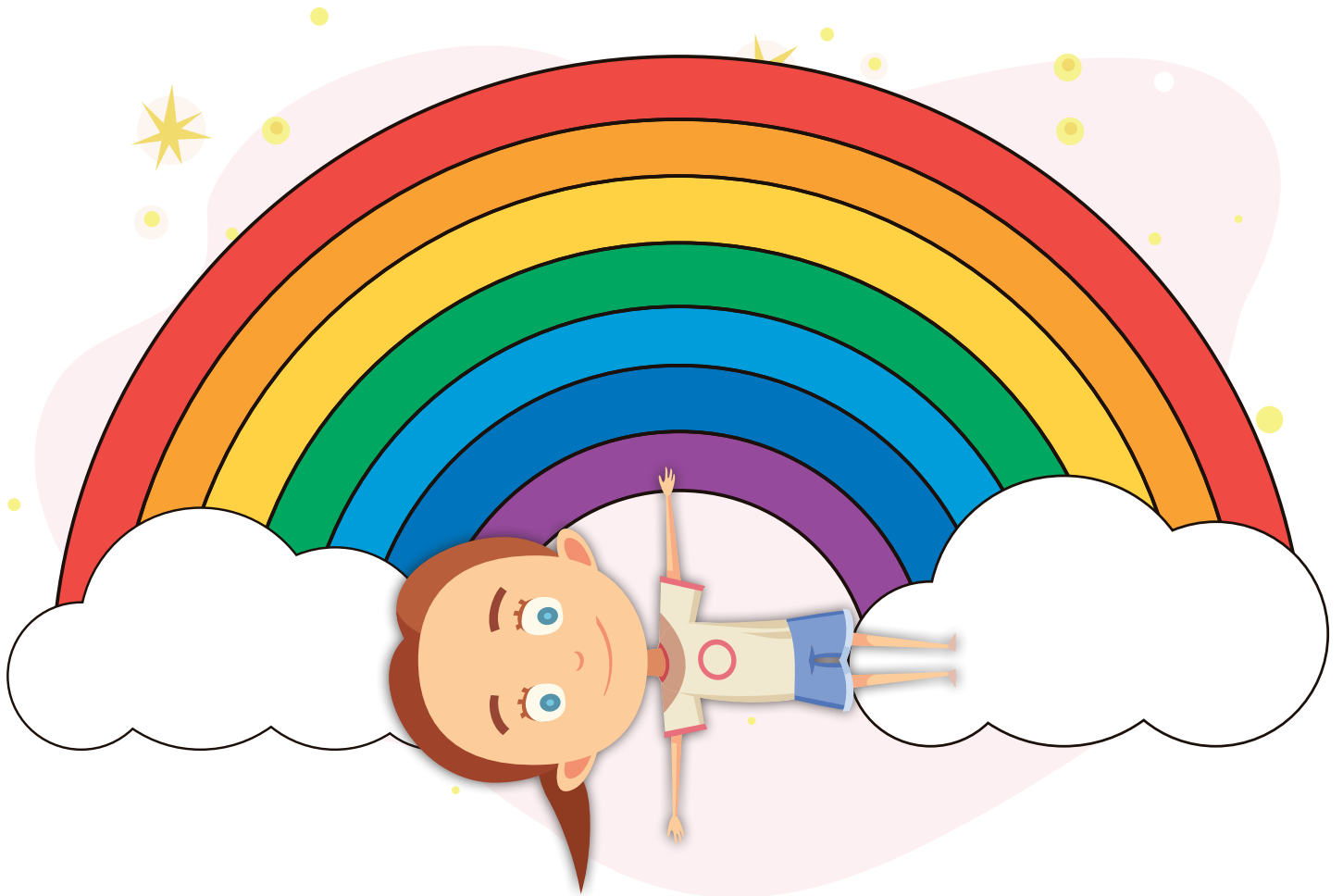
# Shoulder Breathing



## Shoulder Breathing Technique

**Sit** in a comfortable position. Inhale slowly, raising your shoulders up towards your ears. Exhale slowly through your mouth, lowering your shoulders back down again. Repeat slowly, rolling your shoulders up and down in time with your breath.

# Rainbow Breathing



## Rainbow Breathing Technique

**Lie down on your back** in a comfortable position, making sure you have enough space on either side of you to spread your arms. Stretch your arms out wide, with the palms of your hands facing up to the sky. Inhale slowly, bringing your hands to meet gently over your head. As they glide up towards each other making a rainbow shape, think about a colour that comes to mind. What is your favourite thing of that colour? Then gently exhale the hands back to the ground. Repeat x7 for each colour of the rainbow.

# Reflection – Journaling Activity

After you've completed the breathing activity, complete the following activity (write or draw)

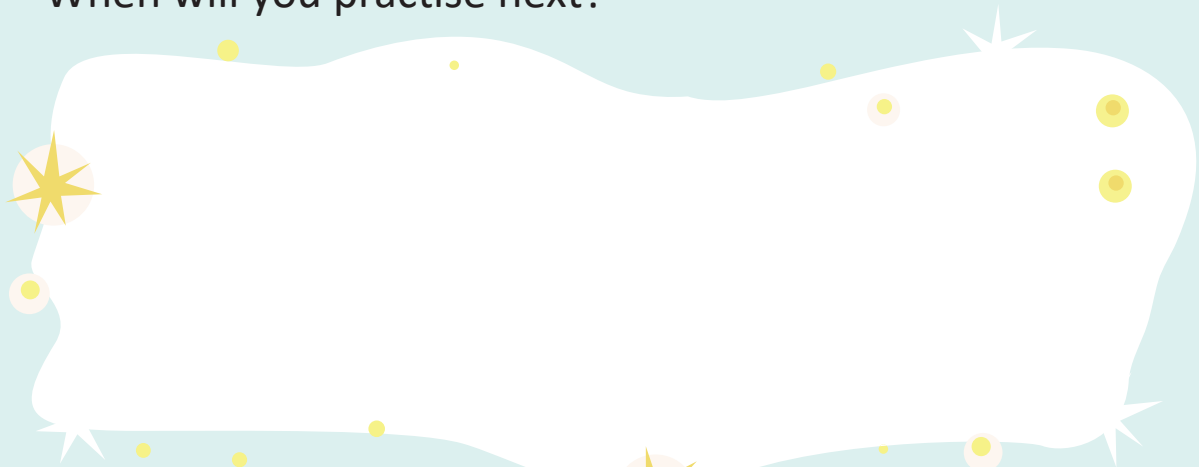
Where did you feel your breath? What parts of your body?  
Did your breath move around? Where did it move to?  
What did it feel like?



How did you feel when you were doing the mindful breathing activity?



Where can you practise mindful breathing exercises?  
When will you practise next?



# Breathing Activity Sheet

## – Star Breathing

Begin at the base of any point on the star. Breathing in, trace your finger to the point of the star. Breathing out, trace your finger back to the base of the next one. Continue all the way around the star.

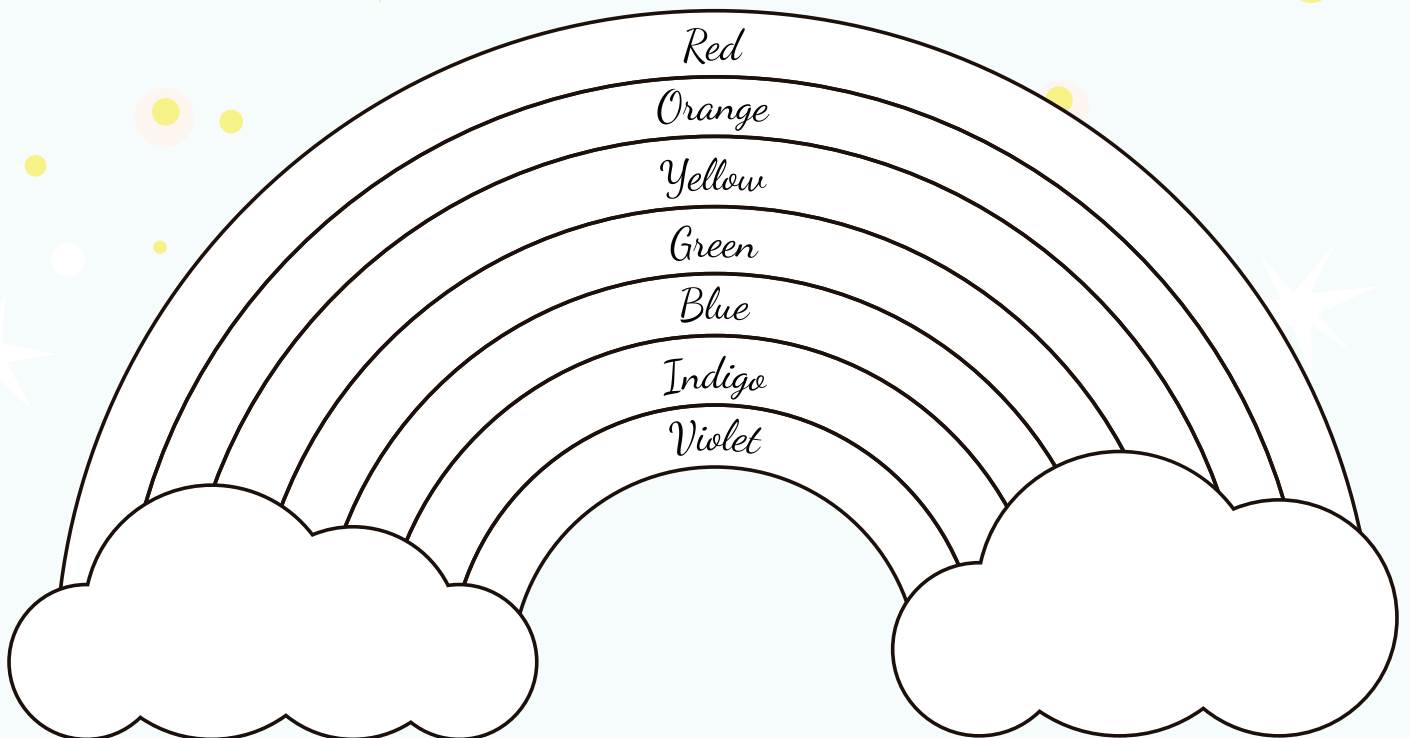


# Breathing Activity Sheet

## – Rainbow Breathing

As you breathe in and out, think of one colour of the rainbow. What is your favourite thing in that colour? What comes to mind when you think about that colour?

Repeat for each colour of the rainbow. Write or draw what you thought about in the space below, and colour each colour of the rainbow.

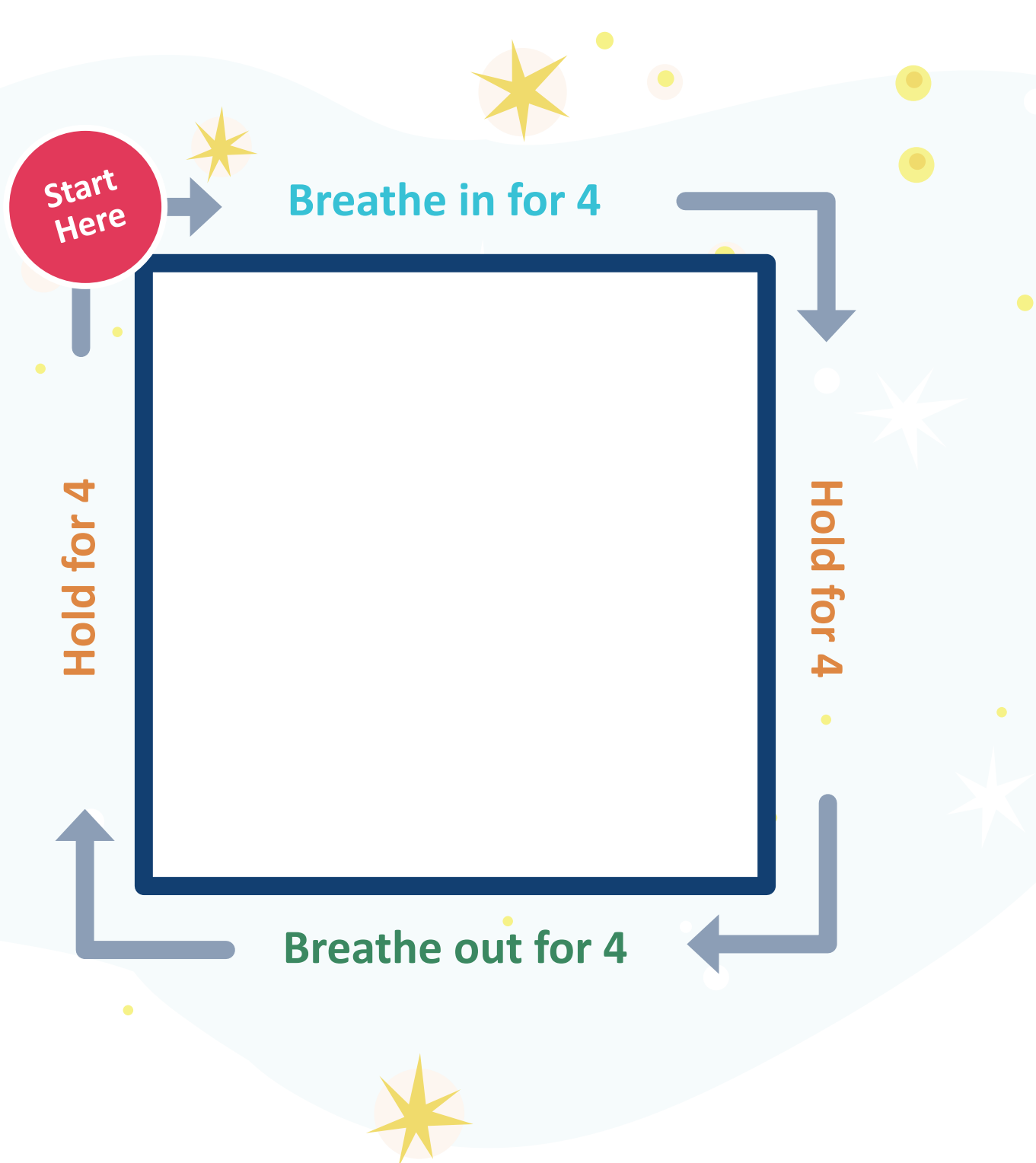




# Breathing Activity Sheet

## – Square Breathing

Start at the top left corner of the square, and follow the arrows around the (remove the word whole) square to complete one deep breath.



# Breathing Activity Sheet

## – Surf Breathing

Begin at the edge of the page. As you inhale, trace your finger to the crest of the wave, up, up, up. Then gently trace your finger back down the wave as you exhale, like a surfer surfing the wave. Repeat for each wave.



# Supporting children's emotional wellbeing using visualisations

*Visualisations have been likened to 'journeys of the imagination' where past, future or imaginary events can be recalled or created.*

## **Visualisation is a teaching strategy that can be used to:**

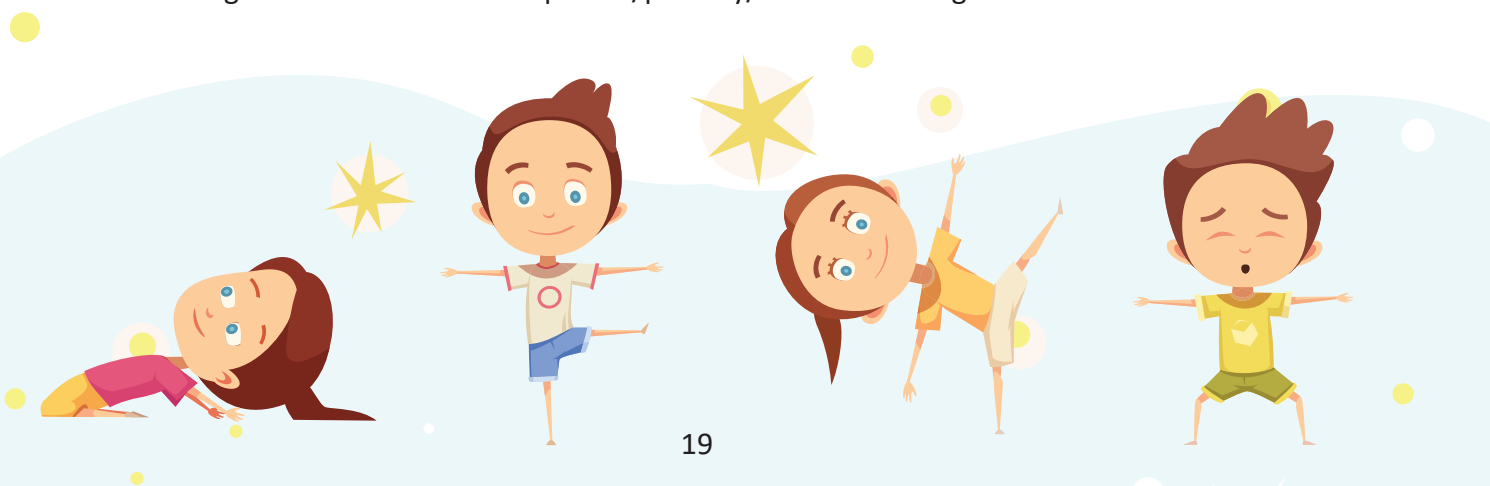
- explore fears or anxieties in a non- threatening way
- create a vision of what we want to achieve to help commit ourselves more fully to goals
- prepare for stressful or challenging situations by imagining our success in advance
- increase self-awareness and maintain self-esteem by visualising past successes
- open or close a session by creating a sense of calm and relaxation.

Visualisations need to take place in a relaxed, interruption-free environment, which is not always easy to achieve in classrooms. For guided visualisations, the teacher needs to be familiar with the script and deliver it in a clear, calm voice. When closing a visualisation exercise, give the children time to gently 'come back' to the present. Sometimes it's helpful to count from five to one to signal the end of the visualisation, and to allow children to make eye contact with other children before moving on.

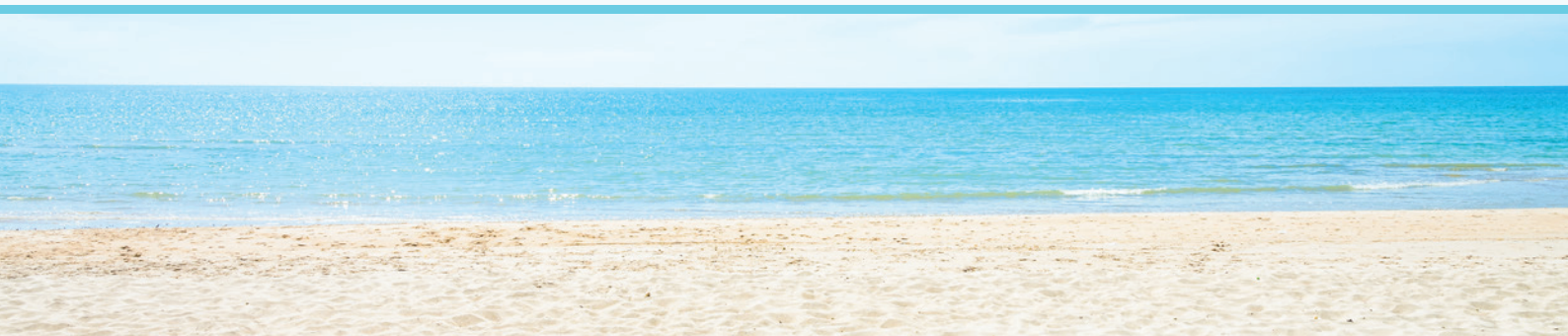
## **Tips for using visualisations with children:**

1. Invite the child to find somewhere comfortable and quiet where they can concentrate and relax, or to find a comfortable seated position in their chair.
2. Encourage them to take long, slow breaths, breathing in through the nose and out through the mouth to slow the heart rate and help to relax.
3. Invite the child to close their eyes so that they can use their imagination to create the visualisation in their mind. If they feel uncomfortable closing their eyes, ask them to gaze softly at their hands in their lap.
4. Encourage the child to make the image as detailed as possible. Tell them to think about sights, sounds, feelings, smells and tastes, to make sure all of the senses are aligned to the image and it's as real as possible. They need to think about what are they wearing, what can they hear, and how they feel.
5. If they get distracted, or the image doesn't go the way they want, they can open their eyes, take some deep breaths and restart the process. It may take some practise to develop the focus and skills that visualisation requires.
6. Ensure the visualisation ends on a positive image, to help boost confidence and self-belief, and to reduce any feelings of anxiety.

The following visualisations have been created by members of the PDST Primary Health and Wellbeing team, or have been extracted from the Walk Tall (SPHE) Programme, and are available as audio recordings on our website: [www.pdst.ie/primary/healthwellbeing](http://www.pdst.ie/primary/healthwellbeing)



# Time at the Beach



Before we start, we are going to take a couple of minutes just to find a nice comfortable space and to relax. You can sit on the floor (or chair if doing this in class), or lie down on the floor. I am going to invite you to close your eyes and if you don't feel comfortable doing this, find a spot/focus point on the floor and just look at it for the next little while so that no one around you is distracted.

I'm going to invite you now to visit the beach.

First of all, we are going to get in tune with our breath. Now that you are comfortable...slowly notice your breath, and how it is this morning/afternoon. Notice as you breathe in and out what is happening to your body...as you breathe in and out, notice what is happening to your chest/your belly, as it rises and falls. Empty your mind of all your thoughts and allow your breath to slow. Is it fast, slow, heavy.... just allow your breath now to slow and focus completely on the breath. Breathe in through the nose and out through the nose. Count to three in your mind.....breathe in on the count of one and out on three.

Imagine you have left your home and are now arriving at the beach. It's a glorious sunny day and the sun is beating down on the golden sand.

As you step on to the beach you flick off your sandals/ flip flops and can feel the heat of the sun on your feet. The grains of sand fall through your toes and it feels like someone is pouring the sand over you. You can feel the grains touch your toes. Relax now and breathe....one ... two....three....one two...three...You find your ideal spot on the beach and sit down and take in the view.

What can you see? You can see the waves crashing on to the golden sand and hear the voices around you...the sound of children playing and people talking...imagine you can see the sun umbrellas gently blowing in the breeze and the sun loungers laid out in a pattern. You can see children running in to the sea and diving through the incoming waves...watch as they play and run around... You can see grandparents giving ice cream to their young grandchildren....oh the look of the ice cream...creamy and delicious...oh you see chocolate in the ice cream too....oh no ...one boy drops his in the sand and cries..... but Dad picks him up and gives him a hug.

As you sit you can feel the sand through your fingers and toes. Allow the grains of sand flow through your fingers and toes and feel the heat and the warmth. You can feel the golden grains...most fall through your toes...but some stick to the inside of your toes.

You lie down now.....allow the sand to catch you as you rest back in to a comfortable place. You move and wriggle until the sand settles....allow it to cradle your body and rest a while. Now come back to the breath....in through the nose and out through the nose.

As you lie there, allow the breath to fill your lungs and take you to this place.... which is so warm and sunny. Imagine the hot sun beaming down upon you. ...on your face...as you breathe allow the light and the heat of the sun to shine on you, ....flowing across your whole body.

Imagine all your favourite things around you...maybe a book, a bookmark your Granny once gave you, your favourite cuddly toy, your pet dog or cat; your favourite food...chicken pasta, curry and rice....steak and chips...ice cream.

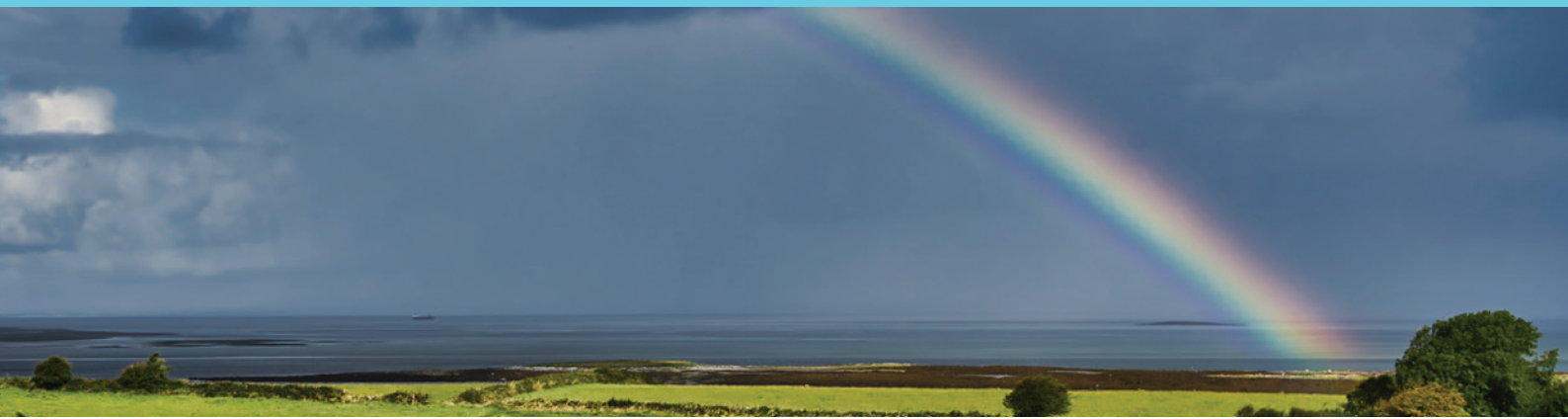
Now come back to your breath...in through the nose and out through the nose ...become aware of what sounds are now around you. Take a picture in your head of where you have been and hold it there....you can come back to this place any time.

It's time to leave this place now....slowly come back to the breath...in through the nose and out through the nose..... one two three four....bring your awareness back to the place you are in...listen to what you can hear.....bring a presence back to your body....how does it feel? Are there parts of your body that are more tired or heavier than others?...be comfortable in that space...now rub your hands together and let them get warm...place them over your eyes and face and slowly open your eyes...come back in to your surroundings and lie for a minute just resting.

Slowly roll over on to your right side and get up gently.

**Gerard Farrelly,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# The End of the Rainbow



As we come in to this space, I invite you to find a space on the floor [if possible have a cushion] and make yourself as comfortable as possible. I invite you to slowly move to lying down on the floor....I invite you to close your eyes now too. If you are not comfortable with closing your eyes look up at the ceiling and focus on one point for the next little while. If you are sitting, focus on something ahead of you.

I invite you now to focus on your breath, and just notice for the next minute or so how your breath is...is it deep, shallow, fast, or slow?. As you breathe....do so in through the nose and out through the nose, in for a count of one, two, and out on three and four. Focus on the belly/ abdomen as it rises and falls while you breathe, and allow yourself to be in a complete focus on the breath.

As you breathe in and out, imagine that it is raining outside...what can you hear? ...the rain on the window, the sound of the rain falling.... You can also see the sun is shining at the same time. What can you see? Look around and see....oh a rainbow...a beautiful rainbow...look at the colours...name them out loud to yourself.....red, orange, yellow, green, blue, indigo and violet...oh the colours are so rich and stunning....the rainbow looks like it is over my friends house...and the other end near my own house... it looks so lovely.

Now I want you to take each colour one at a time, and to think of something very special to you that is that same colour.....continue to breathe in through your nose...one two...and out through your nose....three four... Think of the first colour...the beautiful *Red* colour...what does it remind you of...your favourite football team shirt colour...tomato ketchup; chilli sauce....think about what comes to mind and focus on that object...how do you feel when you think about the item in your mind?...come back to the breath again...

Now bring your focus back to the rainbow and the second colour...*Orange*....what comes to mind as your favourite thing that is orange...an orange to eat, a clementine, the look of the sun going down after a hot sunny day...an orange ice lolly....a football....a pumpkin at Halloween... again, breathe in one two out three four and focus on that

object...Now come to *Yellow*....what things are you thinking about in your life that are yellow that you love?...a banana, the float at the swimming pool, a daffodil flower or bunch of roses..... and once again breathing through your nose, as each object and colour of the rainbow come together.

We move on to the fourth colour now as you scan your rainbow.....oh wow, its *Green*...the grass, mountains, leaves, parkland, fields, your favourite shirt, blouse, top, or coat....now *Blue*....the sky.. the sea... the look inside a glass... your favourite book...think of all the things you know and love that are blue...your favourite team colours.... Again come back to your breath....allow yourself to breathe and just focus on the colour...the next being *Indigo*...that purple/ blue colour...may be like the colour of a plum or the juice in a blackberry and apple pie....that deep intense colour. And finally, we come to *Violet*...that beautiful pink colour we see at the end of the rainbow....the colour we might see in marla or a wheelie bin.

We have reached the end of the rainbow now, and the sun has come out once again. What do you see? .....Oh, the rainbow has disappeared again but there is beautiful sunshine. Notice what you feel now that the rainbow has disappeared. ...are you happy to see it go and the sun shining again without the rain? Thinking back to the rainbow....how did you feel then...allow that feeling to wash over you and to remind you that this is a place you can come back to again and again, especially when you feel the need to take time to relax your heart and mind.

Come back to your breath now and bring your focus back to your surroundings. Think about the room you are in now and the colour of the room. Keep that colour in your mind as you reawaken your body. Rub your hands together for a minute or so and then place your hands over your eyes. Slowly open your eyes and allow them to focus now.

Turn to your right side (if lying) and slowly get up from your place of rest.

**Gerard Farrelly,**  
Primary Health and Wellbeing Advisor, PDST

# The Sound of the Countryside



As we come in to this space I invite you to find a space on the floor [if possible have a cushion] and make yourself as comfortable as possible. I invite you to slowly move to lying down on the floor....I invite you to close your eyes now too. If you are not comfortable with closing your eyes look up at the ceiling and focus on one point for the next little while. If you are sitting, focus on something ahead of you.

I invite you now to focus on your breath, and just notice for the next minute or so. As you breathe....do so in through the nose and out through the nose, in for a count of one, two, and out on three and four. Focus on the belly/abdomen as it rises and falls while you breathe, and allow yourself to be in a complete focus on the breath.

I invite you now to imagine we are walking through the countryside today. Walk with me and let's see what we can find and feel. Let us first of all continue to focus on the breath....breathe in one, two, and out again three, four. Keep concentrating on the breath for a moment or two and notice what is happening inside your body. Allow yourself to 'be' and to try and be as still and restful as possible.

We have now arrived at the start of our walk....we set off from the edge of the fence and walk through the first field... what can you see? What can you smell? What can you feel? I can see the gentle swaying of the yellow flowers and long stems as it grows in the field....I get a really strong beautiful smell wafting across the air....I wonder what they are called....Oh yes, now I remember they are called rapeseed. ...such a lovely smell. I can feel the smell travelling up my nose. It makes me twitch. I can nearly taste it. It is lovely. It takes my breath away.... Its time now to come back to that breath...breathe in ...one two...and out...three four....what else can I see?

We have reached the end of the field now...I see another interesting place in front of me....it's a pond...with an overhanging tree around the edge. I see the beautiful hanging flowers and blooms...again I get a different smell... its sweeter this time....I see the tree gently swaying in the

breeze and the blossom fall off the tree in to the pond...oh look there is a duck swimming across the pond...and now a row of ducklings following their mother along...its so lovely to watch for a minute....I watch as the 'mammy duck' climbs out of the pond and the ducklings follow. Such a sight.

I'm now standing in a field of wheat, swaying around me. The wheat is up beyond my waist and I can feel the wheat up against me.....I take a deep breath...and take in the sensations and nature around me.. Its strange to imagine this wheat being turned in to flour and then used to make bread. Oh, just for a minute!... I now have the smell of bread baking in my head...yum yum!.. I'm thinking now of being in the shop with mum/dad and the sell of fresh bread baking....I'm thinking of my Granny/Nana/Grandma baking for us when we visit.

We continue to walk on and what do I see now...horses. I walk to the fence.... I'm standing in long grass but I want to get a closer look...I reach over the fence and lean on the top... I can see a few horses here; some black and brown. I love that one with the white feet and white stripe on their head....some are sitting on the grass and others are running. I see a foal chasing after their mother. I get a strong smell wafting to my nose....the smell of horse manure...oh yuk... that is strong...but I smell fresh cut grass too....oh its lovely to be here....I'm going to take in one last smell and then its time to go from this beautiful place....I walk to the edge of the field and turn round one last time...

I know I can come back to this place in my mind time and time again...I am coming back now to my breath....breathe in ....one two...breathe out...three, four. Oh that was such a lovely place to be....

I'm back now here in my own space. Its time to go from this place too. Slowly open your eyes and bring yourself back in to the room.

**Gerard Farrelly,**  
Primary Health and Wellbeing Advisor, PDST

# Listening to the Wind



To begin, find a nice comfortable spot to relax in. Pick somewhere quiet where you feel safe and cosy. You can either sit down with your back against something hard like the back of the chair or a wall, or you can lie down and place your hands on your tummy.

Today you are going to imagine heading outside. You get your cosy jacket, you put it on and you zip it up. The jacket feels smooth against your skin and its squishy padding feels like a hug! You head outside.

You walk along until you see a comfortable place to sit. It is not too hot or too cold today. You begin to listen to the wind.

The wind is gently blowing today and you can hear the leaves on the trees rustle as their branches move and sway with the wind. You listen closely to this as it almost sounds as if the leaves are whispering to each other. I wonder what they would say?

In the Autumn time the wind sounds different as the leaves fall from the trees to dance with the wind for a while. As they swoosh the dry leaves crinkle, they bob along the ground as the wind blows them all over the garden, the footpath and beyond!

As you are listening you hear the sounds of children playing nearby, they are giggling and joking together. You can hear their feet running and the ball bouncing on the tarmac. They are playing a game. I wonder what game they are playing?

In the Wintertime the wind blows strong and fast. Sometimes the wind blows during a storm. We listen to the wind tucked safely up in our beds. The wind can blow

so hard that it moves the garden furniture and turns the trampoline upside down!

Sometimes snowflakes travel on the wind. When that happens we see the snowflakes falling in different ways- swirling in circles if the wind is blowing strongly and falling slow and soft if there is no wind that day.

In the Springtime the birds can be heard all over Ireland. Some birds like to sing to each other. Others make very little noise but we can hear them as they swoop by. We sometimes hear the beat of their wings as they fly by gliding effortlessly on the wind.

Suddenly the wind stops. You listen for it, you concentrate hard but it is not there. The air is calm. It is now very quiet. You get up from your spot outside and you walk back home.

Begin to become aware of what sounds you can hear now, around you. Sounds you can hear far away, sounds that are close by. Begin to help your body to wake up now by wiggling your fingers and your toes, your ankles and your wrists. Take a deep breath in and stretch your arms up overhead. As you breathe out lower your arms and give yourself a big squeeze hug!

Slowly open your eyes. Notice what sounds you can hear throughout the day and remember your nice calm breath if you hear any!

Have a lovely day. Slán go fóill!

**Emma Uí Ríordáin,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# House of Shapes



To begin, find a comfortable spot to relax in. Pick somewhere quiet where you feel nice and cosy. You can either sit down with your back against something hard like the back of the chair or you can lie down and place your hands on your tummy.

You can lower your eyes to the ground or if it feels ok you can shut your eyes.

Today we are going to imagine a big white house, this house has a big pointy roof and three windows looking out onto its garden. Imagine now walking up the garden path towards the house, you can hear the gravel crunch underneath your feet as you walk towards the house. You open the door and step inside to a big white room.

In the room there is a yellow triangle. The triangle has three sides, one, two, three. The sides glow one at a time as we count them. One, two, three - three sides. One..... two..... three...

Now we are going to look at the corners. The yellow triangle has three corners.

The corners glow as we count them. One, two, three. Three corners. One..... two..... three...

As we breathe in the triangle will get bigger and as we breathe out the triangle will get smaller. Let's try this now, breathing in one, two, three, breathing out three, two, one. Breathing in one, two, three.... Breathing out, three, two, one.

Now the triangle has the number one in its tummy. As we breathe in we will count and the number in the middle will change. The number will continue to get bigger as we count up and smaller as we count back down.

We breathe in one, two, three, four. Breathe out four, three, two, one.

The next shape in the room that we can see is a blue square. The square has four sides, one, two, three, four. The sides glow one at a time as we count them. One, two, three, four - four sides. One..... two..... three.....four

Now we are going to look at the corners.

The blue square has four corners, one, two, three, four. The corners glow one at a time as we count them. One, two, three four, four corners. One..... two..... three... four....

As we breathe in the square will get bigger and as we breathe out the square will get smaller. Let's try this now, breathing in one, two, three, four, breathing out four, three, two, one.

Now the square has the number one in its tummy. As we breathe in we will count and the number in the middle will change. The number will continue to get bigger as we count up and smaller as we count back down.

We breathe in one, two, three, four. Breathe out four, three, two, one.

Now it is time to leave the house. You wave goodbye to the yellow triangle and the blue square. You step outside and close the door of the big white house with the pointy roof. You walk back down the garden path.

Begin to become aware of what sounds you can hear now, all around you. Sounds you can hear far away, sounds you can hear close by. Begin now to help your body to wake up by wiggling your fingers and your toes, your ankles and your wrists. Take a deep breath in and stretch your arms up overhead. As you breathe out lower your arms and give yourself a big squeeze hug!

Slowly open your eyes. Notice if you can see any triangles or squares today and remember your nice calm breath if you spot any!

Have a lovely day. Slán go fóill!

**Emma Uí Ríordáin,**  
Primary Health and Wellbeing Advisor,  
PDST



# Woodland Walk



Make yourself comfortable. You can sit on a chair or lie flat. Close your eyes and relax your body. Breathe in gently and hold as you count to 3. Release your breath slowly. As you release your breath feel your body relax. Now breathe in again gently and count to 3. Release your breath and settle into your body. As you continue to breathe gently, let your body relax. Our bodies are always busy so now it's time to let them rest. Continue to breathe in and out and with each breath let all your thoughts leave your mind. Like our bodies, our minds are always busy so now it's time to rest your mind. Continue to breathe in and out.

Now imagine that it is a warm sunny day and the breeze is blowing gently on your body. The warm sunshine and the breeze are calming your body and your mind. You are walking slowly into a woods. The sun is shining through the trees and you can feel it on your body. It feels like the sun is soothing your mind and body and this helps you feel relaxed. The trees are blowing gently in the breeze and you can hear the birds singing around you. Continue to breathe in and out.

Start to look around you. You are surrounded by tall trees. The trees are swaying gently and your body starts to move slowly and calmly with the trees. As you move you feel calm and relaxed. Look around and see if you can see any birds. You can hear them singing and this soothes your mind. Can you see them? Imagine that you see a robin and he's hopping from branch to branch. The sun is shining on him. Look up and see the sun shining down through the trees. Can you feel it warming your body from head to toe? The

warmth of the sun is helping your body and mind relax. Continue to breathe in and out.

Is there anything else you can see? Imagine you see a butterfly flying around you. The butterfly moves calmly and silently. See the butterfly as it lands on some wild flowers that are growing amongst the trees. What colour is the butterfly? If you could touch the wings what would they feel like? The butterfly looks peaceful just like you feel inside. The butterfly is resting on the flowers. Can you smell them? What colour are the flowers? The smell coming from the flowers is sweet and your body is calm and relaxed. Continue to breathe in and out.

Feel the sun warm your body and the breeze soothe your mind. Breathe in and out. Your mind is calm and your body is relaxed. You can come back to the woods any time you need and each time you come here it will calm your mind and relax your body. Start to move slowly out of the woods and continue to breathe. As you leave the woods look behind, see the trees, hear the birds singing, smell the flowers, look at the robin and the butterfly and know that you can come back here anytime. When you are back in your own space reach your arms above your head and stretch your body. Gently open your eyes and when you are ready you can continue with your day.

**Nuala Dalton,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# Seaside Relaxation



Find a warm, comfortable place where you can relax and have some quiet time alone. If the room is bright, turn down the lights or close the blinds. Lie flat on your back. Take time to make yourself comfortable. When you are ready close your eyes and still your body. Take a deep breath in and release. Breathe in again, hold and release. Each time you breathe in and out feel your body relax. Continue to breathe in and out.

Clench your fists tightly, hold, count to 3 and then relax. Notice how your hands feel. Continue to breathe in and out. Next clench your feet and legs tightly, hold as you silently count to 3 and then relax. Notice how your legs and feet feel. Breathe in and out. Finally tense the muscles all over your body including your face – hold, count to 3 and relax. Notice how your body feels. Breathe in and out.

As you lie there try to imagine that you are on a beautiful beach on a warm sunny day. What do you notice? Can you see the blue sky and if you look towards the sea does it look like the water is touching the sky on the horizon? Look towards the bright yellow sun and feel the warmth of the sun on your face and body. What colour is the water? Is it clear blue as it reflects the colour of the sky? Walk towards the sea. Feel the sand as your bare feet touch it. Can you feel the warm loose sand as you walk? As you get closer to the water feel the sand get cooler and more solid where it has been touched by the water. Is the colour of the sand changing as you walk? Continue to breathe in and out gently as your body relaxes.

Walk along the edge of the water and feel it wash over your feet. Is the water warm or cold? Listen to the sounds around you. What can you hear? Can you hear the gentle lapping of the waves? Can you hear the seagulls as they fly over the sea? Continue to breathe in and out gently and feel your body relax.

Look at the colours around you, feel the water wash over your feet, breathe in the fresh air, smell the sea, listen to the waves, listen to the sea gulls. With each breath you take, feel the warm sun on your skin and continue to relax.

Slowly, start to walk back onto the dry sand. Feel the warmth of the sand under your feet. Look towards the sun as it starts to go down slowly. Start to bring yourself back into your room again. Keep breathing in and out and listen to the sound of the sea and sea gulls as they fade away into the background. You can come back here again. For now start to listen to your breath as you continue to breathe in and out. Notice your body. Raise your arms above your head and stretch your body as you take a deep breath in. Hold and release. When you are ready gently open your eyes. Breathe in and out and look around you. Now you are ready to continue with your day.

**Nuala Dalton,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# Confidence in PE



It is Friday, PE day and a day I have been really looking forward to. I had a good sleep last night and have lots to look forward to this weekend.

After some schoolwork teacher says it's time to go down to the hall for PE. I used to have some butterflies in my stomach when he'd say this but now I feel confident that I am going to learn lots and most of all have fun for an hour with my friends and teacher. I also know that I am well able to perform everything in PE and teacher has told me that I am improving every day.

We get to the hall and we start our warm ups. These are really fun and I am chatting and joking with my friends. We are still doing what we need to but it is really enjoyable. My heart is beating faster. I am sweating and laughing. This is fun.

Teacher tells us we are playing football in PE. While I know lots of people play football outside of school I do not. However, I am still looking forward to helping my teammates, showing what I can do, improving my skills and most importantly having fun. I am with my team and we are encouraging each other. It feels great to work together with my friends and try to work together to be as good as we can. Some of my teammates are taking it a little too seriously but I try to be a good teammate by calming them and providing

encouragement. I feel really good as I give and receive encouragement from my teammates and teacher. I also shake hands with my opponents.

I am very vocal with encouragement and I settle into the rhythm of the game well. I get on the ball and support my team mates all the time. The skill of some of the class is really high but I know I am getting better and making a contribution. Clap! I get a high 5 from a teammate for some good play!

The class is coming to an end. I have really enjoyed it. I feel confident and happy. I feel I am getting better each day at football and I am beginning to enjoy it even more now. I know there are lots of ways to help my team and my teacher and lots of my class feel I am a good team player. This makes me proud. Teacher calls time on the games and we start to cool down. I am satisfied that I tried my best. It is always much better fun when you try it and you can see yourself improving. After the cool down we walk back to class and it is breaktime. I am feeling good about myself and have lots to look forward to.

**Tomás Mannion,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# The Parachute



## Suitable to use with Junior Infants – 2nd Class

I invite you to find a comfortable place to sit, close your eyes if you wish and notice all the sounds in the room you are in. Notice the sounds outside the room. Gently take a deep breath in and slowly breath out. Let's try that once more, gently take a deep breath in and slowly breath out.

As you begin to relax now I invite you to imagine you and your friends are holding the most beautiful parachute you have ever seen. It is like a giant carpet filled with different colours. Can you see the colours red, blue, green, yellow, orange, pink and purple.

You and your friends lift the parachute high into the air, so high that it almost touches the fluffy white clouds and slowly lower the parachute. You and your friends are laughing loudly. Can you hear the laughter? You say to yourself **I am happy, I am happy.**

You lift the parachute once more and this time the ground underneath the parachute turns into a magical kingdom. You

and your friends skip through the magical kingdom exploring the beautiful land. You reach a glistening stream of water and you gently dip your toes into the warm water. Can you feel the water on your toes? You hop over the river to meet a small, fluffy rabbit you all follow the rabbit until you reach the green rolling hills, you and your friends roll down through the hills and at the end of the hill you take one last long jump through the magical kingdom noticing all the beautiful creatures that live in the kingdom. Again you say to yourself **I am happy, I am happy.**

I invite you to notice the sounds in the rooms you are in. Take a take a deep breath in and slowly breath out. Gently open your eyes, give your body a long stretch, take your hands and rub them together gently.

**Margaret Foley,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# The Treehouse



Make sure you are sitting comfortably on your chair and that your two feet are on the ground... You can rest your hands on the table or on your lap... And now I am going to ask you to focus on your breathing. Take a deep breath in, filling your lungs with air and slowly release the air through your mouth... Slowly take two more deep breaths, in through your nose and out through your mouth. Spend the next few moments relaxing your feet and legs. Let go of any tightness and now let your whole body become heavy and relaxed.

Notice your feet in contact with the floor. Feel the Earth's energy move slowly upwards into the soles of your feet and up through your legs into the rest of your body. Allow this energy to wash over you and through you. Like a tree, you are rooted and grounded to this source of energy and it is there to nourish and sustain us.

This energy has left you feeling relaxed, calm and ready to build a treehouse of tranquillity! This will be your place to go when you need to find time for yourself or to reflect. An ancient oak tree stands in front of you. This tree has deep roots and branches that reach out in every direction. This tree is strong and it has stood the test of time. It has seen times of trouble, disease, war and uncertainty come and go. Over the years, it has shown resilience against the winds of change. Today, it sits calmly like you. Nestled amongst the sturdy boughs sits a treehouse. It offers shelter. Picture how you would like this treehouse to look. You can add windows, flower baskets, rope ladders, your favourite things, your favourite colours. Allow yourself to design the treehouse anyway you like.

And now, let's climb inside the treehouse. Are you inside? What does it look like here? How will you furnish your treehouse? Pillows, blankets, curtains, magazines, plants, snacks, pictures or paintings. These should be things that give you comfort. Here, you feel relaxed and at ease. It's a time and place to distance yourself from your worries.

Like the mighty oak, you too can see off the things that trouble us. If you find that this treehouse helps you restore peace and calm, then visit here whenever you would like.

Now take a deep breath and imagine yourself climbing down out of your treehouse. Gently bring your attention back to the room. You can open your eyes whenever you are ready.

**Colm Conlon,  
Primary Health and Wellbeing Advisor,  
PDST**

# Mindful Movements



Mindfulness is the ability to be aware of what is going on both inside us and around us. Through mindfulness, we can bring about a sense of peace and calm and transform the world into a wonderful place.

To begin, stand with your feet firmly on the ground, shoulder-width apart. Make sure you have a little bit of space around you to move your arms. Stand upright and relax your shoulders, allowing your hands to fall down by your side.

Take a few moments to focus on your breathing. This is one way that you can develop peace in your mind and in your heart. With each breath in, notice that you are breathing in. With each breath out, notice that you are breathing out. When we breathe like this, our body and our mind can work together. And when our body and mind are working together, we are able to enjoy what is going on in and around us in each moment.

You might like to close your eyes, or lower your gaze to the floor, or stare softly at an object in the distance. Take a big breath in and notice how your chest rises up as your lungs fill with air. Then let your breath out softly, noticing how your chest drops back down again. Try that again, this time smiling as you breathe in, and smiling as you breathe out. You are feeling relaxed. You are feeling happy. You are feeling calm. You are enjoying this moment.

This time as you breathe in, lift your shoulders up, squeezing them up towards your ears. And as you breathe out, drop them back down again. Try that again. See how we are connecting our movements with our breathing, our body and our minds are working together. Keep breathing, lifting up and lowering down your shoulders.

Now, roll out your shoulders, shake out your hands, and let your shoulders relax with your arms down by your side. Breathing in, lift your arms up in front of you. In one continuous movement, stretch them all the way up to the sky. Breathing out, bring your arms slowly back down by your side. Try again. Breathe in, stretching your arms upwards, and breath out, slowly lower them back down. Try once more. You are feeling relaxed. You are feeling happy. You are feeling calm. You are enjoying this moment.

Now, place your hands on your hips. Keep your legs and knees soft and relaxed. Take a nice big breath in. As you breathe out, bend forward at the waist and begin to make a circle with your upper body, all the way around and back to where you started. Stand up tall and take another big breath in. As you breathe out, bend forward and make a circle in the opposite direction. Try one more time in either direction. You are feeling relaxed. You are feeling happy. You are feeling calm. You are enjoying this moment.

Now stand up straight and turn your heels in towards each other, and your feet out to form a 'V' shape. We're going to move up and down like a frog! Breathing in, rise up on your toes. Breathing out, bend your knees and lower down as low as you can. Breathing in, straighten your knees and come all the way back up on to your toes again. Breathing out, squat down like a frog. Try one more time. Use your hands to steady you if you need to. Remember to take big breaths, and to enjoy the moment.

Turn your heels back out and stand up straight. Breathing in, raise your right knee up high. Breathing out, lower it back down again. Try on the other side, breathe in as you lift your left knee up, and breathe out as you lower it back down again. Try again, can you lift your right leg higher this time? Remember to connect your movement with your breathing. Breathe out, lower it back down. One last time, lift your left leg as you breathe in, and lower it back down as you breathe out.

Now stand firmly on your two feet and breathe in and out normally. Feel your body relax. Shake out your fingers and your wrists. Shake out your feet. Shake out your shoulders. Can you shake out your whole body?

Now, allow your body to become completely still. Breathe deeply in, and softly out. All your friends are breathing too. Breathing together lets us feel peaceful and content. Our body and our mind are working together. We are feeling relaxed. We are feeling happy. We are feeling calm. We are enjoying this moment.

**Ciara Delaney,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# Hot Air Balloon Ride



Find a space and sit comfortably on the floor. In a minute I'm going to ask you to close your eyes and we are going to go on a pretend or make-believe journey. I'm going to tell you a story and I want you to see if you can follow along.

Imagine what I tell you and see how you feel while you are doing it. Listen carefully to what I say, imagine it is happening to you and try to imagine how you feel while you are doing it. When we are finished you will open your eyes and draw a picture and that will be the end of the trip.

Now close your eyes and take a couple of deep and slow breaths in and out ...

I want you to pretend that you are taking a trip in a hot air balloon... Climb into the basket of the balloon... Who is in the basket with you? Maybe Mammy, Daddy, Granny, or someone else special...

There is a huge, colourful balloon above your head ... The balloon begins to fill up with air and ever so slowly it lifts the basket from the ground... What do you feel as you head off on this adventure?...

You feel the basket leaving the ground and rising higher and higher... Soon you are flying high above the ground... The sun is shining in the big, blue sky... There is a soft wind blowing and fluffy white clouds float past your balloon...

Now you look back down at the earth below... you are very high up far away from the ground... What does it feel like to be like a bird in the sky... ? You can see all the little fields... The houses look very small...

You can't see people because you are so high up...

The balloon passes a high green mountain and floats out over the sea... A friendly seagull passes and you wave to it... How do you think you might feel now?... You see a little island with a lovely beach and slowly the balloon starts to go down instead of up... The balloon drifts down onto the sand and lands with just a little bump...What does it feel like to be back on earth...?

When you are ready open your eyes and come back to the classroom.

**Walk Tall,  
Senior Infants p. 108**

# Being Happy



Make sure you are sitting with your two hands on your lap and your two feet on the floor (pause)  
Roll your shoulders back and notice the back of your chair touching your back (pause)  
Take a deep breath in through your nose and fill your lungs up with new air (pause)  
Now, slowly, breathe out that air through your nose. (pause)

You don't have to think about your breathing anymore now, just let it happen (pause)  
You can close your eyes now, or find a spot to look at on the wall or floor of the classroom, but I'm not going to close mine because I need to be able to read the story (pause)

Using your imagination, imagine that you are in your favourite quiet place right now. (pause)  
It could be at home, or at school (pause)  
It could be in a garden or a park (pause)  
It could be somewhere you go to a lot, your minder's or grandparents' or aunt's or uncle's house, or maybe even a quiet place you went to on holidays. It's your quiet place and it's special to you (pause)

It's warm and peaceful in your quiet place and you notice that your body feels warm and comfy.

Now imagine that you see something new in your quiet place. It could be a person or a thing or a photograph (pause)  
It could be about something that happened a while ago or something you would like to happen (pause)  
See it, in your imagination, with your eyes closed. It is amazing. It is really brilliant.

As you look at it you feel even happier in your quiet place (pause for a few moments longer this time)... Take a picture of it with your pretend camera and put the picture in your pocket (pause)

It's time now to leave your quiet place. Take a deep breath in through your nose and fill your lungs up with new air (pause)  
Now, slowly, breathe out that air through your nose (pause)  
Roll your shoulders back and notice the back of your chair touching your back (pause)

And when you are ready, open your eyes, take a little stretch, and look at the other children in the class.

**Walk Tall,  
First Class p. 66**



# My Brain is my Control Centre



Close your eyes... sit comfortably on your chair... Feel yourself breathing in and out...

Feel your lungs grow bigger and bigger as you breathe in the air... Feel your lungs grow smaller and smaller as you breathe out the air... Think about your ribs and muscles that protect your lungs... Breathe in and out slowly...

Can you feel your chest rising and falling as you breathe?... Can you feel your heart going thump, thump?...

Your heart is doing its important work... It is carrying blood to your lungs and all over your body... Your heart is very important... Take a little time to think about your heart... In your mind, to yourself, say thank you, heart...(pause)

Let's move up now to our heads... Inside your head you have a brain... Your brain sends messages out to all parts of your body... What message is your brain sending out now?...

You can think... You can remember... You can learn to read and write because you have a brain... Your brain is your control centre... Your brain is taking care of you now and always... Listen...

Can you hear your brain's messages? Your brain is sending a message now, to listen carefully... (pause)

Now I'm going to ask your brain to send a message to slowly, slowly open your eyes...

**Walk Tall,  
Second Class p. 49**

# Random Acts of Kindness



Ask the children to sit quietly, close their eyes and listen to your voice. Ask the children to think of the last time someone in the class did something kind for them. This could be lending a pencil parer; helping in PE; a compliment on a job well done; a compliment on work well done; someone saying thank you for something you did; listening carefully.

Ask the children to think about how little acts of kindness make them feel - usually when people are kind it could make us feel happy, warm, relaxed, appreciated, or content.

Next, ask them to think about something kind they could do for someone in their class. Ask them to imagine themselves doing it and how it will make them feel and how the person

to whom they are being kind will feel. Let them dwell on this image for a moment or two. Now ask them to think of another way of being kind. Ask them to imagine this as well, where they will be, how they will stand, what they will say...

Tell them that from now on we are going to make sure to do lots of acts of kindness for those in our class. We'll try to be kind to someone different every day so that everyone takes part.

Ask the children to take a deep breath and open their eyes.

**Walk Tall,  
Second Class p. 142**

# The Wonder of Life



I want you to imagine yourself as a tiny little seed that is beginning to grow... as you develop, your arms and legs begin to stretch out ... just like a tadpole begins to turn into a frog... You stretch your legs and arms so that they can grow stronger... Sometimes you are very quiet when your Mum is resting, but when she is walking and exercising you stretch your legs as well and kick them.... As you get bigger you can hear a sound that is steady and regular... this is your Mum's heartbeat ... it's the first sound that you hear ....

After a while you begin to hear other sounds .... Music .... People's voices .... You feel comfortable in your safe space and know that you are being looked after .... As you grow bigger and stronger you can feel your fingers and thumbs – some babies even begin to suck their thumbs before they are born... You keep growing and growing until the day comes when you are ready to leave your safe space and enter the world... Imagine what it would be like to open your eyes on a brand new world... Who do you think you would see first? .... And next? ... You are a very special baby and you will get lots of love and care that will help you to grow strong and healthy....

Now I want you to come back to the present and be aware of your own body... Think how it has grown since you were a baby... You feel strong and healthy...

You know that your body will continue to grow and change in different ways just like when you were a tiny baby about to be born... This is the natural way of things ... You feel ready for these changes and know that they are normal and part of growing up... and that they happen to everyone eventually... Think about your body and how you can look after it to keep it healthy and strong... what you can eat and drink... the exercise you take ... the rest you give your body during sleep... All these things will help you to grow and change .... You are happy to be growing and changing...

Now become aware of the sounds in the room ... and when you are ready, count back from five to one and open your eyes on your present world ...

**Walk Tall,  
Fourth Class p. 142**

# The Best Version of Yourself



Make sure you are sitting comfortably on your chair and that your two feet are on the ground... You can rest your hands on the table or on your lap... Gently roll back your shoulders and notice the feel of the back of the chair on your back...

Take a deep breath in, filling your lungs with air, and slowly release the air through your nose... Close your eyes... Notice how the parts of your body act when in contact with the floor; feel your feet in contact with the floor... Notice the parts of your body that are in contact with the chair; feel your legs and your back in contact with the chair....

Take a deep breath in through your nose and, as you release the air back out through your nose, notice that your shoulder and back muscles are relaxing even more, melting all the way down your back....

As you breathe in through your nose, imagine you are breathing in a soft white light... as you breathe out, imagine you are softening and relaxing every muscle in your body...

As you are breathing in through your nose, and out through your nose, notice any sounds you can hear in the distance... sounds like traffic or children playing.

Notice all those sounds you can hear now that you are so relaxed and listening, while your breath is coming in and going out... Notice any sounds you can hear in the building: sounds from next door, in the corridor, loud sounds and soft sounds, sounds you can notice now that you are focussing all of your attention on them...

Notice any sounds you can hear in the classroom... the sound of my voice, maybe a projector or CD player humming, maybe you can hear water dripping somewhere...? Finally, notice the sound of your own breath, coming in and going out... (Pause for a moment or two)

Imagine you are in your favourite place... it can be anywhere, inside or outside, somewhere where you feel very peaceful and happy.... You love to come to this place and you are happy to be here again, in your imagination...

Imagine you can see a mirror, it can be any type of mirror, it can be modern or old-fashioned, it can be big, or small, it could be full-length or hand-sized... Look into the mirror and in the mirror you see an image of yourself... This is the best version of yourself that you can be at this moment... Look at this best version of yourself... What do you see? (Pause)

What does this person look like...? Are you happy with yourself...? What might the best version of yourself say to you now...? What advice might this best version of yourself give to you now, to help you or to guide you to become the person that you want to be...? (Allow a few moments of quiet time for the children to reflect on what they have heard)

It's time now to leave your favourite place in your imagination... know that you can go there any time you wish and that it is your unique place... Just for you.... (Pause)

Now notice the sounds in your own body again, the sound of your breath, coming and going out... Notice how relaxed and calm you are feeling in yourself... Notice any sounds you can hear in the room, sounds that you can hear more clearly the more you focus your attention on them...

Maybe you'd like to gently move your arms or legs, shrug your shoulders... Take another breath in through your nose and release the air out through your nose again...

And when you are ready, you can open your eyes...

**Walk Tall,  
Fifth Class p. 45**

# Learning to Deal with Worry



In a moment I am going to ask you to close your eyes and I will take you on an imaginary trip. When we are finished you can draw something of what you saw and some of how you felt ...

Now, I'd like you to get as comfortable as you can and close your eyes ... With your eyes closed, you get a sense the space around you—where your body is and the air that's around you..... It's a nice place to be, because it's your place, it's your space ...

Notice what's going on in your body ... Notice if you feel tension anywhere ... Don't try to relax the places where you might feel tense ... Just notice them ...

How are you breathing? Are you taking deep breaths or are you breathing with small, quick breaths? I'd like you to take a couple of deep breaths ... Let the air out with some sound ...

Now imagine that your breathing is like gentle waves on the shore and that as the wave comes in it brings energy and that it washes tension out of your body as it goes out ..... Feel the energy come in ... Feel the tensions wash out ... Continue this for a few moments breathing in and out ...

Now we are going on an imaginary journey. See if you can follow along ... Try to imagine what I tell you and see how you feel as you're doing it ...

I want you to imagine that you are walking in a garden ... Look around the garden, notice the flowers .... the shrubs .... the fruit trees ...You stand for a moment and notice the colours .... the smell of the flowers ...

You look towards the corner of the garden and you see a small building covered with ivy, honeysuckle and other flowers ... You walk to the building and you notice a door ... You open it and go inside and find a wonderful room with beautiful treasure chests, each with a name written on it ... You come to a chest with your name on it ... You stand looking at it ... You know that it is your chest ... You open it and see that it is full of precious things ... As you explore these you realise that they represent your talents and abilities .... Think of all your talents and abilities ...

Explore these talents and abilities ... How does it feel as you become aware of your talents and abilities ...? Think of these talents and abilities and of how these can help you when you are worried ... or how you can help others if they're worried (using your talents or abilities ...) Think of all the people who could help you when you're worried ...

When you are ready you will open your eyes and find yourself back in this room ... When you open your eyes, I would like you to get some paper and crayons and draw pictures, symbols, words to represent your talents and abilities ... just draw what comes in to your head ... Whenever you feel ready you can begin.

**Walk Tall,  
Fifth Class p. 37**

# Affirming and Accepting Myself



Take a moment to get comfortable on your chair ... and you may find it helpful to close your eyes during this exercise ...

Notice any sounds you hear in the distance ... notice any sounds you hear just outside the room ... inside the room ... bring your attention to your body, noticing your feet on the floor ... your back against the chair ... and just be aware of what your hands are in contact with ... and bring your attention to your breathing – just notice it ...

Now bring to mind the positive things you identified about yourself ... pick one of these to say to yourself in your head ... say this to yourself a few times... Allow yourself to really believe this – allow yourself to experience it fully...

See what you see ... hear the sounds ... really feel what you feel ... notice how good it is feeling that way ... this is the real you ... and you are happy with yourself ... take another few moments to really get a sense of all that ...

Now begin to notice your breathing again ... notice where your hands are ... notice the sounds around you, in the room, coming from outside ... and slowly begin to open your eyes and come back to the room ...

**Walk Tall,  
Sixth Class p. 165**

# The Sleepy Train



Sit down in a comfortable position. Let your hands rest on your lap. Close your eyes and make yourself comfortable. Take a big breath in through your nose, and slowly, gently breathe out through your mouth. Try again. Notice how your body feels when you breathe like this. Feel the gentle rhythm of your breath, and the steady beat of your heart. Take another big breath in, feeling the gentle rise of your chest as it moves to the beat of your heart. Softly breathe out, feeling your chest fall again. With each breath, you are becoming more calm, and more relaxed. You are breathing in happy feelings and it's making you feel warm and fuzzy inside.

Keep breathing like this. We are going on an imaginary train journey together. If you are at your desk, and you start to feel sleepy, you might like to rest your head on your arms as we embark on this sleepy train journey together.

Imagine you are walking towards the platform of a train station. The train is parked along the platform, and the doors are open so that people can step on. The engine of the train is stopped while the train driver waits for everyone to arrive. It's a quiet day at the train station, and there aren't too many people around. The carriages of the train stretch away from the engine like a long colourful ribbon, out into the countryside. What colour is the train? Can you see what numbers, or words are written on the train? Can you see the other people getting onto the train? Who is coming on the train with you?

Take a nice deep breath in, and let it out slowly. You are feeling very excited. You can't wait to go on the train! But first you must collect your ticket from the man in the ticket office. He smiles at you as he hands you your ticket, and you hold onto it very tightly. Now you are ready to go on the train.

You walk carefully across the platform. Which door will you choose? Which carriage would you like to sit in? Remember to step very carefully through the door. What can you see? Who can you see? The train is not too busy today, and there are lots of empty seats. Walk carefully down the aisle to your seat, and settle in next to the window. Take a big deep breath. Now you are ready to go on a journey!

There are some other people on the train. Who is coming on this journey with you? What colour are their clothes? Can you see them smiling at you? Look around the carriage. Can you see the man who is reading a book? Can you see the woman who is reading a newspaper? Can you see the children who are colouring in a colouring book? What colours are they using? Now look out the window at the train station. Can you see the train driver coming towards the train? Can you see her hat, and her uniform? She is ready to start the engine any minute now! You hear the conductor shout 'All Aboard!' and the doors of the train start to close. Everyone is sitting on the train. Everyone is ready to go on a journey. Take a nice, big deep breath.

The train starts to gently glide out of the station with a soft chugga-chugga-chugga sound. You feel a warm fuzzy sensation in your tummy. You feel nervous, and excited, and happy. Smile as you breathe in and out. Watch as the train station slowly fades away into the distance, and you see the rolling countryside outside your window. Can you see the cows in the field? What are they doing? Can you see the grass, and the trees, and the sky? Notice how the clouds are drifting across the sky making all sorts of lovely shapes. Breathe in and out. Now you are feeling relaxed and calm.

As the train weaves along the tracks, you see more fields. Each one has different animals in it. Some of the animals are resting. Some of the animals are eating. Some of them are running around. What can you see? Look carefully into each field as it passes by your window.

Now we are coming to a river! That means the train will have to go up, up, up and over the bridge! Look out your window as the train crosses over the wide, blue river. What can you see down below? Can you see the boats? Can you see the people fishing? Can you see the reflection of the train on the water? Everyone near the river is enjoying themselves. Smile and wave at them as you cross over to the other side.

The train is chugging gently through the fields again. The weather is very mild, and you can see the breeze ripple through the trees. It's the most beautiful view you have ever seen. The sun is shining softly on the animals and the people in the fields. You can feel the soft sunlight coming through your window, it feels warm on your face. You smile up at the warm sunshine. When you look up, you notice there is a big bird flying alongside the train, right outside your window! It has long, graceful wings, and big, bright eyes. It has a yellow beak, and brown feathers, speckled with grey and white. It glides along beside you and then swoops out into the countryside to find it's nest. You imagine what it would be like to fly like a bird. Take a big breath in and out as you think about where you would fly to.

The countryside seems to stretch out forever in every direction. As the train chugs along, the daylight starts to

fade and the sun slips behind the clouds. It is evening time, and all the animals are getting ready to go to bed for the night. You can see the lovely colours of the sunset – orange, red and yellow in the sky. You are starting to feel sleepy too. The train feels so relaxing, and everyone is quiet. You feel your eyes starting to feel heavy, so you close them, and rest your head against the window, or on your arms on your table. You are feeling really calm, and relaxed. The vibrations of the train are soothing, and you have a long journey left to go. So rest your head, and take a nice, long deep breath. You are very comfortable, you are very happy, you are very sleepy.

You are breathing peacefully, and easily, relaxing your mind and body. You start to gently fall asleep, knowing that you are safe on this train. Your breath is steady and slow, and your body is heavy and calm. Nothing will disturb you while you sleep. The more rest you get, the more excellent tomorrow will be. Breathe in, breathe out, relax and sleep.

(Pause for a moment)

Now you feel the train starting to slow down, as it arrives into the station. You start to wake up from your rest by opening your eyes, and taking a big, long stretch. Wiggle your fingers, and wiggle your toes. You are happy and refreshed after your sleep on this lovely train journey. Smile softly at the people around you. You have reached your destination. Look out the windows. Where are you now? Take a big, deep breath, and get ready to step off the train.

**Ciara Delaney,**  
**Primary Health and Wellbeing Team, PDST**





# Decisions Have Consequences



Take a few moments to get comfortable in your seat, with your back straight and your feet flat on the floor ... Rest your hands lightly on your lap or on your table ...

And, if it feels OK, close your eyes or rest your eyes on a spot on the floor in front of you ... As you sit in that way, just begin to notice any sounds coming from outside the room ... any sounds in this room ... and as you sit there, become aware of the contact between your body and the chair ... and notice how the chair supports you ... now, take a few moments to notice your breathing, don't try to change it, just notice the rise and fall of your chest as you breathe in ... and out ... Now imagine you are out walking in your favourite place in nature, it is a completely safe place ... you are walking along a path ... as you walk along the path notice the sights around you ... be aware of the sounds ... become conscious of the smells ... feel the air around you ... and the ground beneath your feet ...

As you walk along, bring to mind the decision you want to make ... think about two options you have ... then ahead of you, you notice that the path divides in two, one path going to the right and the other going to the left ... begin to walk along one of the paths - this represents your first option ... as you go down that path, imagine that you have already chosen this option ... notice what it's like to have done that ... notice what you are thinking ... really experience the decision you've made.... notice how you feel inside...

Walk back to the fork in the path and try the other pathway that represents your second option... as you go down that path, imagine that you have already chosen this option ... notice what it's like to have done that ... really experience the decision you've made, notice what you are thinking, notice how you feel inside ... really experience the decision you have made.

Walk back again to the fork in the path, you now see that there is a third path that you hadn't noticed before, take this path and just notice if there is a third option that you hadn't thought of before ... if there is, just step into it ... imagine that you have already chosen this option ... notice what it's like to have done that ... really experience the decision you've made, notice what you are thinking, notice how you feel inside ... really experience the decision you have made.

Continue, now, along the path and after a short while you see that the three paths join up again ... as you walk along you notice that you are much more clear about your decision...

Now as we come towards the end of this activity just notice your breathing again ... the rise and fall of your chest ... and begin to notice any sounds coming into the room ... and in your own time, when you're ready, open your eyes. And just keep that quiet space until everyone has opened their eyes.

**Walk Tall,  
Fifth Class p. 197**

# Ag éisteacht leis an ngaoth



Chun tús a chur téir go dtí áit dheas compordach chun do scíth a ligint. Roghnaigh áit éigin chiúin ina mbraitheann tú deas compordach. D'fhéadfá suí síos le do dhroim i gcoinne rud éigin crua cosúil le cúl an chathaoir nó is féidir leat luí síos agus do lámha a chur ar do bholg. D'fhéadfá do shúile a ísliú chun féachaint ar an talamh nó má bhraitheann sé ceart go leor is féidir leat do shúile a dhúnadh.

Inniu tá tú chun dul lasmuigh faoin aer! Faigheann tú do chóta, cuireann tú ort é agus dúnann tú suas na cnaipí. Mothaíonn an seaicéad bog i gcoinne do chraiceann agus mothaíonn an fabraic trom cosúil le barróg! Siúlann tú taobh amuigh.

Siúlann tú leat go dtí go bhfeiceann tú áit chompordach chun suí. Níl sé ró-the nó ró-fhuar inniu. Tosaíonn tú ag éisteacht leis an ngaoth.

Tá an ghaoth ag séideadh go réidh inniu agus cloiseann tú na duilleoga ar na crainn ag crith agus a mbrainsí ag bogadh agus ag luascadh leis an ngaoth. Éisteannt tú go cúramach le seo mar is cosúil go bhfuil na duilleoga ag cogarnach lena chéile. N'fheadar cad a déarfadís?

In aimsir an Fhómhair bíonn fuaimeanna difriúil ag teacht ón ngaoth mar tosnaíonn na duilleoga ag titim ós na crainn chun rince leis an ngaoth ar feadh tamaillín. De réir mar a éiríonn an ghaoth níos láidre bíonn glór níos airde le cloisint ón ngaoth. Uaireanta séideann an ghaoth na duilleoga ar fud an ghairdín, an chosáin agus níos faide i gcéin!

Cloiseann tú leanaí ag imirt in aice lámhe, tá siad ag gáire agus ag magadh le chéile. Is féidir leat a gcosa a chloisteáil ag rith agus an liathróid a chloisteáil ag preabadh ar an talamh. Tá siad ag imirt cluiche. N'fheadar cén cluiche atá á imirt acu?

Sa Gheimhreadh bíonn an ghaoth ag séideadh go láidir agus

go gasta. Uaireanta séideann an ghaoth le linn stoirme. Is féidir linn éisteacht leis an ngaoth sábháilte, compordach inár leapacha. Is féidir leis an ngaoth séideadh chomh crua san gur féidir léi troscán an ghairdín a bhogadh agus an trampailín a chasadh bunoscionn!

Uaireanta bíonn pluideanna sneachta ag taisteal ar an ngaoth. Nuair a tharlaíonn sé sin is féidir linn na pluideanna sneachta a fheiscint ag titim ar bhealaí éagsúla - ag luascadh i gciorcail má tá an ghaoth ag séideadh go láidir agus ag titim go mall agus go bog muna bhfuil gaoth ann an lá sin.

San Earrach is féidir na héin a chloisteáil go ceolmhar ar fud na hÉireann. Is maith leo canadh lena chéile. Is beag glór a dhéanann éiníní eile ach is féidir linn iad a chloisteáil ar an ngaoth agus iad ag eitilt. Uaireanta cloisimid buille a sciatháin agus iad ag eitilt ag taisteal gan stró ar an ngaoth.

Go tobann anois stopann an ghaoth. Éisteannt tú amach, díríonn tú aird ach níl sé aon ghaoth le cloisteáil. Tá an t-aer socair. Tá sé an-chiúin anois. Éiríonn tú agus siúlann tú abhaile.

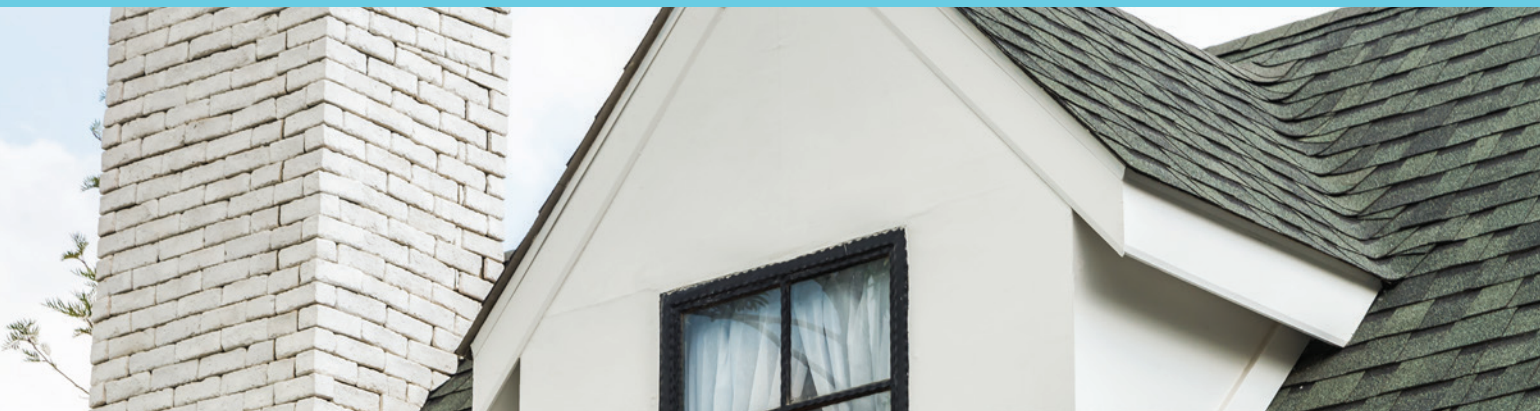
Éist leis na fuaimeanna a chloiseann tú anois, thart timpeall ort.

Fuaimeanna gur féidir leat a chloisteáil i bhfad i gcéin, fuaimeanna atá cóngarach. Tosaigh ag cabhrú le do chorp dúiseacht suas anois bhog do mhéara agus do bharraicíní, sín do rúitíní agus do chaol na lámhe. Oscail do shúile go mall.

Tabhair faoi ndeara na fuaimeanna a chloiseann tú i rith an lae agus cuimhnigh ar do anáil dheas socair má chloiseann tú aon fhuaimeanna deasa!

**Emma Uí Ríordáin,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# Teach na gcruthanna



Chun tús a chur téigh go dtí áit dheas chompordach chun do scíth a ligint. Roghnaigh áit éigin chiúin ina mbraitheann tú slán sábháilte. D'fhéadfá suí síos le do dhroim i gcoinne rud éigin crua cosúil le cúl na cathaoireach nó is féidir leat luí síos agus do lámha a chur ar do bholg. D'fhéadfá do shúile a ísliú chun féachaint ar an talamh nó má bhraitheann sé ceart go leor is féidir leat do shúile a dhúnadh.

Táimid chun teach mór bán a shamhlú inniu, tá díon mór pointeáilte ar an teach seo agus trí fhuinneog aige ag féachaint amach ar a ghairdín. Siúlann tú suas cosán an ghairdín i dtreo an tí, is féidir leat na clocha beaga faoi do chosa a chloisteáil ag bogadh agus tú ag siúl i dtreo an tí. Osclaíonn tú an doras agus téann tú isteach. Tá tú ag seasamh i seomra mór bán. Sa seomra tá triantán buí. Tá trí thaobh ag an triantán, ceann amháin, dhá cheann, trí cinn. Lasann na taobhanna suas nuair atáimid á gcomhaireamh. A haon, a dó, a trí - trí thaobh. A haon, a dó, a trí...

Anois táimid chun féachaint ar na cúinní. Tá trí chúinne sa triantán buí. Lasann na cúinní suas nuair atáimid á gcomhaireamh. A haon, a dó, a trí. Trí chúinne. A haon, a dó, a trí...

Éiríonn an triantán níos mó agus níos lú in éineacht lenár anáil. Éiríonn sé níos mó leis an anáil isteach... éiríonn sé níos lú leis an anáil amach. Anáil isteach a haon, a dó, a trí... anáil amach a haon, a dó a trí.

Tá uimhir i mbolg an triantáin. Uimhir a haon atá ann anois. Agus muid ag anáil isteach athróidh an uimhir sa lár in éineacht leis an gcomhaireamh. Leanfaidh an uimhir ag dul i méid níos mó agus muid ag comhaireamh suas agus níos lú agus muid ag comhaireamh siar.

Anáil isteach a haon, a dó, a trí, a ceathair. Anáil amach a ceathair, a trí, a dó, a haon.

Ar chéad chruth eile sa seomra ná cearnóg ghorm. Tá ceithre thaobh sa cearnóg, ceann, dhá cheann, trí cinn, ceithre cinn. Lasann na taobhanna suas nuair atáimid á gcomhaireamh. A haon, a dó, a trí, a ceathair - ceithre thaobh. A haon, a dó, a trí, a ceathair...

Anois táimid chun féachaint ar na cúinní.

Tá ceithre chúinne sa cearnóg ghorm.

Lasann na cúinne suas nuair atáimid á gcomhaireamh. A haon, a dó, a trí, a ceathair - ceithre thaobh. A haon, a dó, a trí, a ceathair...

Tá ceithre chúinne sa cearnóg .

Éiríonn an cearnóg níos mó agus níos lú in éineacht lenár anáil. Éiríonn sé níos mó leis an anáil isteach... éiríonn sé níos lú leis an anáil amach. Anáil isteach a haon, a dó, a trí, a ceathair .... anáil amach a haon, a dó, a trí, a ceathair.

Tá uimhir i mbolg na cearnóige. Uimhir a haon atá ann anois. Agus muid ag anáil isteach athróidh an uimhir sa lár in éineacht leis an gcomhaireamh. Anáil isteach, a haon, a dó, a trí, a ceathair. Anáil amach, a ceathair, a trí, a dó, a haon.

Anois tá sé in am an teach a fhágáil. Beannaíonn tú slán leis an triantán buí agus an cearnóg ghorm. Siúlann tú taobh amuigh agus dúnann tú doras an tí mhóir bháin leis an díon pointeáilte. Siúlann tú ar ais síos cosán an ghairdín.

Éist leis na fuaimeanna a chloiseann tú anois, thart timpeall ort.

Fuaimeanna gur féidir leat a chloisteáil atá i bhfad i gcéin, fuaimeanna atá cóngarach. Tosaigh ag cabhrú le do chorp dúiseacht suas anois bog do mhéara agus do bharraicíní, sín do rúitíní agus caol na láimhe. Oscail do shúile go mall.

Tabhair faoi deara an bhfeiceann tú aon triantáin nó cearnóga inniu agus cuimhnigh ar d'anáil shocair dheas má fheiceann tú aon cheann!

Bíodh lá deas agat. Slán go fóill!

**Emma Uí Ríordáin,**  
**Primary Health and Wellbeing Advisor,**  
**PDST**

# Marcaíocht ar bhalún aer te



Faigh spás agus suigh go compordach ar an urlár. I gceann nóiméid iarrfaidh mé oraibh bhur súile a dhúnadh agus rachaimid ar thuras samhalta. Inseoidh mé scéal daoibh agus déanaigí iarracht é a leanúint.

Samhlaigí an méid a insím daoibh agus féachaigí conas a mhothaíonn sibh agus sibh á dhéanamh. Éistigí go cúramach leis an méid a deirim, samhlaigí é ag tarlú daoibh féin agus déanaigí iarracht a shamhlú conas a mhothaíonn sibh agus sibh á dhéanamh. Nuair a chríochnaíonn muid osclaigí na súile agus déanaigí pictiúr agus beidh an turas thart.

Dúnaigí na súile anois agus déanaigí análú mall domhain isteach agus amach ..... Lig ort go bhfuil tú ar thuras i mbalún aer te ... Dreap isteach i gciseán an bhalúin .... Cé atá sa chiseán leat? Mamaí, Daid, Mamó, nó duine éigin speisialta eile ..... Tá balún ollmhór daite os do chionn ... Líonann an balún le haer agus ardaíonn sé an ciseán den talamh go mall ..... Conas a mhothaíonn tú agus tú ag dul ar an eachtra seo?....

Mothaíonn tú an ciseán ag imeacht ón talamh agus ag éirí suas níos airde agus níos airde ... Ní fada go mbíonn tú ag eitilt go hard os cionn na talún.... Tá an ghrian ag taitneamh sa spéir mhór ghorm.... Tá gaoth bhog ag séideadh agus scamail chlúmhacha ar foluain san aer...

Féach síos ar an domhan ... tá tú i bhfad thuas os cionn na talún... Conas a mhothaíonn sé a bheith cosúil le héan sa spéir .... ? Feiceann tú na páirceanna beaga go léir... Tá cuma an-bheag ar na tithe....

Ní féidir leat daoine a fheiceáil mar go bhfuil tú chomh hard sin suas... Gluaiseann an balún thar shliabh ard glas agus téann ar foluain os cionn na mara .... Téann faoileán cairdiúil thar bráid agus croitheann tú do lámh leis... Conas a mhothaíonn tú anois? ....

Feiceann tú oileán beag agus trá álainn agus tosaíonn an balún ag dul síos in áit dul suas.... Tá an balún ag síobadh síos go dtí an gaineamh agus tuirlingíonn sé le buille beag... Conas a mhothaíonn sé a bheith ar ais ar an talamh .....?

Nuair atá tú réidh oscail na súile agus tar ar ais go dtí an seomra ranga.

**Misneach,  
Naíonáin Shinsearacha I. 108**

# Sonra



Déan cinnte go bhfuil tú i do shuí agus do dhá lámh ar do ghlúine agus do dhá chos ar an urlár (sos). Iompaigh do ghuaillí siar agus tabhair faoi deara cúl do chathaoireach i gcoinne do dhroma (sos). Tarraing anáil dhomhain trí do shrón agus líon do chuid scamhóg le haer úr (sos). Anois, scaoil amach go mall an t-aer sin trí do shrón (sos).

Ní gá duit smaoineamh faoi do chuid anála a thuilleadh, ní gá ach ligean di tarlú (sos).

Is féidir leat do chuid súl a dhúnadh anois, nó áit a lorg le féachaint uirthi ar bhalla nó urlár an tseomra ranga, ach níl mé chun mo chuid súl féin a dhúnadh mar caithfidh mé bheith in ann an scéal a léamh (sos).

Agus tú ag úsáid do shamhlaíochta, samhlaigh go bhfuil tú san áit chiúin is fearr leat anois (sos). D'fhéadfadh go mbeadh sé sa bhaile, nó ar scoil (sos). D'fhéadfadh go mbeadh sé i ngairdín nó páirc (sos).

D'fhéadfadh gurb áit í a gcaitheann tú go leor ama inti, teach d'fheighlí nó do sheantuismitheoirí, nó d'aintín nó d'uncail, nó b'fhéidir áit chiúin ar chaith tú saoire inti. Is í d'áit chiúin féin í agus is áit speisialta duitse í (sos).

Tá sé te agus síochánta l' d'áit chiúin agus tugann tú faoi deara go mothaíonn do chorp te agus compordach. Anois samhlaigh

go bhfeiceann tú rud éigin nua l' d'áit chiúin. D'fhéadfadh gur duine nó rud nó grianghraf é (sos).

D'fhéadfadh go mbainfeadh sé le rud éigin a tharla tamall ó sin nó rud éigin ar mhaith leat go dtarlódh (sos).

Féach air, i do shamhlaíocht, agus do chuid súl dúnta. Tá sé go hiontach. Tá sé thar cionn.

Agus tú ag féachaint air mothaíonn tú níos sona fós l' d'áit chiúin (stop ar feadh níos mó ama an uair seo)...

Tóg grianghraf de le do cheamara bréagach agus cuir an pictiúr i do phóca (sos).

Anois tá sé in am imeacht ó d'áit chiúin. Tarraing anáil dhomhain trí do shrón agus líon do chuid scamhóg le haer úr (sos).

Anois, scaoil amach go mall an t-aer sin trí do shrón (sos). Iompaigh do ghuaillí siar agus tabhair faoi deara cúl do chathaoireach i gcoinne do dhroma (sos).

Agus nuair atá tú réidh, oscail do shúile, déan síneadh beag, agus féach ar na páistí eile sa rang.

**Misneach,  
Rang a hAon l. 66**

# M'inchinn



Dún do shúile... suigh go compordach i do chathaoir...  
mothaigh d'anáil ag dul isteach is amach...

Mothaigh na scamhóga ag éirí níos mó agus níos mó agus tú ag  
anáilú an aeir isteach... Mothaigh na scamhóga ag éirí níos lú  
agus níos lú agus an t-aer á anáilú amach agat...

Smaoinigh ar na heasnacha agus na matáin a chosnaíonn  
do scamhóga... Análaigh isteach agus amach go mall... An  
mothaíonn tú d'ucht ag ardú agus ag titim agus tú ag anáilú?...  
An mothaíonn tú tiomp tiomp do chroí?

Tá obair thábhachtach á déanamh ag do chroí... tá fuil á  
hiompar aige go dtí do scamhóga agus ar fud do choirp... tá  
do chroí an-tábhachtach... Smaoinigh ar do chroí ar feadh  
tamaill...

I d'intinn féin, abair leat féin, go raibh maith agat, a chroí...  
(sos)

Suas linn anois go dtí an cloigeann... Istigh i do chloigeann  
tá inchinn agat... Cuireann d'inchinn teachtaireachtaí chuig  
gach ball de do chorp... Cad í an teachtaireacht atá á cur ag  
d'inchinn anois?...

Tá tú in ann smaoineamh... Tá cuimhne agat... Tá tú in ann  
léamh agus scríobh mar go bhfuil inchinn agat...

Is í d'inchinn d'ionad rialaithe... Tá d'inchinn ag tabhairt aire  
duit anois agus i gcónaí... Éist...

An gcloiseann tú teachtaireacht d'inchinne? Tá teachtaireacht  
á cur ag d'inchinn anois, éist go cúramach... (sos)

Iarrfaidh mé ar d'inchinn anois teachtaireacht a chur, do shúile  
a oscailt go mall, mall...

**Misneach,  
Rang a Dó I. 49**

# Gníomhartha Fáinacha Cineáltais



Táimid chun iarraidh ort súí go ciúin, do shúile a dhúnadh agus éisteacht anois le mo ghuth.

Tá sé in am duit smaoineamh ar an uair dheireanach a rinne duine sa rang rud éigin deas duit.

B'fhéidir bearrthóir a thabhairt duit ar iasacht nó cabhrú leat le linn corpoideachais, moladh d'obair a bhí déanta go maith, buíochas as rud éigin a rinne tú nó éisteacht go cúramach leat.

Smaoinigh anois ar an ngníomhaíocht bheag chineáltais- conas a mhothaigh tú ina dhiaidh? De ghnáth nuair a bhíonn daoine cineálta is féidir linn sonas, teas, suaimhneas, buíochas nó sástacht a mhothú.

Smaoinigh anois ar rud éigin cineálta a d'fhéadfá a dhéanamh do dhuine éigin i do rang.

Samhlaigh tú féin á dhéanamh anois- conas a mhothófa?

Conas a mhothódh an duine eile?

Fan leis an íomhá seo ar feadh tamaillín.

Smaoinigh anois ar rud éigin cineálta a d'fhéadfá a dhéanamh do dhuine éigin eile. Cad iad na rudaí cineálta eile a bhféadfá a dhéanamh? Samhlaigh an íomhá seo anois – cad a déarfadh an duine? Cad a bheadh ar siúl acu le linn agus i ndiaidh an eachtra cineáltais?

Déanfaimid cinnte as seo amach a lán rudaí cineálta a dhéanamh dá chéile. Déanfaimid iarracht a bheith cineálta le duine éagsúil gach lá ionas go mbeadh gach duine páirteach. Anois tá sé in am anáil dhomhain a tharraingt isteach agus do shúile a oscailt.

**Misneach,  
Rang a Dó I. 142**

# Iontas Na Beatha



Is féidir an t-ionsamhlú seo a úsáid le cuid den fhoghlaim sa cheacht seo agus sna ceachtanna roimhe seo a threisiú, agus chun béim a chur ar iontas na beatha nua. Iarr ar na páistí suí go compordach, na súile a dhúnadh agus a shamhlú go bhfuil siad díreach ag tosú a saoil sa bhroinn (tóg sos mar is cuí nuair atá tú ag léamh):

Samhlaigh tú féin mar shíol beag bídeach atá ag tosú ag fás... agus tú ag forbairt, tá na lámha agus na cosa ag síneadh amach ... cosúil le torbán ag tiontú ina fhrog ... síneann tú na cosa agus na lámha amach ionas go bhfásfaidh siad go láidir ... Uaireanta bíonn tú anchiúin agus do Mham ag ligean a scíth, ach nuair a bhíonn sí ag siúl agus ag aclaíocht síneann tusa do chosa amach, ag ciceáil... Agus tú ag éirí níos mó cloiseann tú fuaim shocair rialta ... bualadh croí do mháthar atá ann ... is í seo an chéad fhuaim a chloiseann tú.... De réir a chéile cloiseann tú fuaimeanna eile .... Ceol .... Guthanna daoine .... Tá tú compordach i do spás sábháilte agus tá a fhios agat go bhfuil aire á tabhairt duit... agus tú ag fás níos mó agus níos mó tugann tú do mhéara agus d'ordóga faoi deara - tosaíonn báibíní uaireanta ag sú ar a n-ordóg sula saolaítear iad... Leanann tú ar aghaidh ag fás agus ag fás go dtí go dtagann an lá go mbíonn tú réidh leis an spás sábháilte a fhágáil agus dul isteach sa saol... Samhlaigh conas a bheadh sé do shúile a oscailt ar shaol úrnua... Cé a d'fheicfeá ar dtús, meas tú?...

agus ansin?... Is báibín an-speisialta tú agus tugtar a lán grá agus aire duit a chabhróidh leat fás go sláintiúil láidir...

Anois ba mhaith liom go dtiocfadh sibh ar ais go dtí an t-am i láthair agus aird agaibh ar bhur gcorp féin... Smaoinigh ar an bhfás atá déanta aige ó bhí tú i do bháibín.... Mothaíonn tú láidir agus sláintiúil... Tá a fhios agat go leanfaidh do chorp ag fás agus ag athrú ar bhealaí éagsúla díreach mar a bhí nuair a bhí tú i do bháibín bídeach réidh le teacht ar an saol .... Seo é nádúr an tsaoil ... Mothaíonn tú go bhfuil tú réidh do na hathruithe seo agus tá a fhios agat go bhfuil siad normalta agus gur cuid den fhás aníos iad.... agus go dtarlaíonn siad do gach duine ar deireadh thiar... Smaoinigh ar do chorp agus conas is féidir leat aire a thabhairt dó le hé a choinneáil sláintiúil agus láidir ... cad is féidir leat a ithe agus a ól ... an aclaíocht a dhéanann tú .... an sos a thugann tú don chorp nuair a bhíonn tú i do chodladh.... Cabhróidh na rudaí seo go léir leat fás agus athrú.... Tá tú sásta go bhfuil tú ag fás agus ag athrú...

Tabhair fuaimeanna an tseomra faoi deara anois... agus nuair a bhíonn tú réidh, comhairigh siar óna cúig go dtí a haon agus oscail do shúile ar an saol atá anois agat...

**Misneach,**  
**Rang a Ceathair I.151**



# An Leagan is Fearr Díom Féin



Cinntigh go bhfuil tú i do shuí go compordach ar do chathaoir agus go bhfuil do chosa ar an urlár...is féidir leat do lámha a chur ar an mbord nó ar do ghlúine...cas siar do ghualine go mall agus tabhair faoi deara mothú chúl an tsuíocháin ar do dhroim....tóg anáil dhomhain, ag líonadh do chuid scámhóg le haer agus lig amach an t-aer go mall trí do shrón...dún do shúile...tabhair faoi deara conas a fheidhmíonn baill an choirp nuair a bhíonn siad i dteagmháil leis an urlár; mothaigh do chosa i dteagmháil leis an urlár...tabhair faoi deara baill do choirp atá i dteagmháil leis an gcathaoir; mothaigh do chosa agus do dhroim i dteagmháil leis an gcathaoir...

Tóg anáil dhomhain isteach trí do shrón agus de réir mar a scaoileann tú an t-aer ar ais trí do shrón tabhair faoi deara go bhfuil matáin do ghualine agus do dhroma níos mó ar a suimhneas, ag suaimhniú an bhealaigh ar fad síos do dhroim...

De réir mar a análaíonn tú isteach trí do shrón samhlaigh go bhfuil solas bog bán á anáil isteach agat...de réir mar a análaíonn tú amach samhlaigh go bhfuil tú ag ligean gach matán i do chorp chun suaimhnis.

Agus tú ag anáil isteach trí do shrón agus amach trí do shrón tabhair faoi deara aon fhuaimanna is féidir leat a chloisteáil i bhfad uait.. fuaimeanna mar an trácht nó páistí ag súgradh.

Tabhair na fuaimeanna seo go léir gur féidir leat a chloisteáil faoi deara anois ós rud é go bhfuil tú chomh mór sin ar do shuaimhneas agus ag éisteacht fad is atá d'anáil ag teacht agus ag imeacht...

Tabhair aon fhuaimanna is féidir leat a chloisteáil faoi deara san fhoirgneamh: fuaimeanna ón tseomra in aice leat, sa dhorchla, fuaimeanna arda agus ísle fuaimeanna gur féidir leat a thabhairt faoi deara anois os rud é go bhfuil tú ag díriú d'aird ar fad orthu...

Tabhair aon fhuaimanna a chloiseann tú sa seomra ranga faoi deara...fuaim mo ghutha, b'fhéidir teilgeoir nó seinnteoir dlúthdhiosca ag dordán, b'fhéidir gur féidir leat uisce a chloisteáil ag sileadh áit éigin...? Faoi dheireadh, tabhair faoi deara fuaim d'anála féin ag teacht isteach agus ag dul amach...

(Stop ar feadh nóiméid nó dhó)

Samhlaigh go bhfuil tú san áit is fearr leat... is féidir í a bheith in aon áit, taobh istigh nó taobh amuigh, áit éigin ina mothaíonn tú síocháin agus ina bhfuil tú go sona...

Is breá leat teacht go dtí an áit seo agus tá áthas ort a bheith anseo arís i do shamhlaíocht...

Samhlaigh gur féidir leat scáthán a fheiceáil, aon chineál scátháin, nua-aimseartha nó seanfhaiseanta, is féidir é a bheith mór nó beag, lánfhada nó ina lámhscáthán.

Féach isteach sa scáthán agus sa scáthán is féidir leat íomhá díot féin a fheiceáil...is é seo an leagan is fearr díot féin gur féidir a bheith ann ag an bpointe seo... féach ar an leagan is fearr díot féin... Cad a fheiceann tú?

(Sos)

Cad leis a bhfuil an duine seo cosúil..? An bhfuil tú sásta leat féin...? Cad a déarfadh an leagan is fearr díot féin leat anois...? Cén chomhairle a chuirfeadh an leagan is fearr díot féin ort anois chun cabhrú leat nó tú a threorú le bheith i do dhúine gur mhian leat

**Misneach,**  
**Rang a Cúig, l. 45**

# Ag Plé le hImní



Táim chun sibh a thógáil ar thuras ionshamhlaithe. Suigh go ciúin, cosa ar an urlár...más maith leat is féidir leat do shúile a dhúnadh...tabhair faoi deara mar a thacaíonn an chathaoir le do chorp..tosaigh ag tabhairt d'análú faoi deara...mothaigh an t-aer ag teacht isteach i do chorp...trí do shrón...síos agus isteach i do scamhóga... tabhair faoi deara mar a éiríonn agus mar a thiteann do chliabh agus do bholg go mall le gach anáil.

Anois samhlaigh go bhfuil tú amuigh faoin tuath..lá te is ea é, is féidir leat an teas a bhrath ar do chraiceann..i bhfad uait, is féidir leat na héin a chloisteáil ag canadh sna crainn agus cloiseann tú na beacha agus na cuileanna agus iad ag crónán i measc na mbláthanna agus san fhéar...samhlaigh go bhfuil ualach trom á iompar agat ar chosáin...tá an t-ualach seo á iompar agat ar feadh an lae agus tá tuirse ort...tá tú ag siúl i dtreo na habhann a chloiseann tú i bhfad uait.. braitheann tú níos fearr ag smaoineamh uirthi agus beidh áthas ort nuair a shroiceann tú í...

Sroiceann tú an abhainn agus fágann tú an t-ualach ar a bruach...tabhair faoi deara conas mar atá sé an t-ualach a ligean uait...tá tuirse ort tar éis ualach trom a iompar agus suíonn tú síos...éist le fuaim na habhann ar feadh nóiméid... bí ag faire ar an uisce ag

sileadh thart...tugann tú an abhainn faoi deara ag iompar roinnt géaga le sruth...tá sé chomh suaimhneach sin ag breathnú orthu ag snámh go mall agus go ciúin agus ag dul le sruth....

Tá an lá fós geal agus te agus tá tú ar do shuaimhneas ag ligean do scíthe...braitheann tú teas na gréine...baineann tú taitneamh as fuaim an uisce ag sileadh go réidh...tóg

cúpla nóiméad chun taitneamh a bhaint as an suaimhneas seo a bhraitheann tú...

Agus muid ag teacht go deireadh an turais seo tosaigh ag tabhairt d'anáil faoi deara arís...tabhair faoi deara na fuaimeanna timpeall ort sa seomra agus taobh amuigh den tseomra ...agus nuair atá tú réidh oscail do shúile...

Tar éis sin tabhair cúpla nóiméad do na páistí aithne a chur ar a dtimpeallacht arís. Ansin pléigh a dturas samhlaíoch leo:

- Conas a bhraith tú ag tús an cheachta?
- Conas a bhraith lena linn?
- Cén chuma a bhí ar an áit a shamhlaigh tú?
- Conas a bhraith tú ag deireadh an cheachta seo?
- An féidir leat smaoineamh ar am nuair a chabhródh sé a bheith in ann turas samhlaíoch a dhéanamh i do chloigeann?

Is féidir leat roinnt samplaí a thabhairt de dhaoine, ar éirigh leo déileáil leis an saol i gcúinsí deacra, trína samhlaíocht a úsáid ar an bhealach seo

**Misneach,**  
**Rang a Cúig, l. 65**

# Dearbhú agus Glacadh liom féin



Tóg nóiméad chun éirí compordach i do chathaoir ... agus b'fhéidir go gcabhródh sé leat do shúile a dhúnadh le linn an cheachta seo ...

Tabhair aon fhuaimneanna faoi deara i bhfad uait ... tabhair faoi deara aon fhuaimneanna a chloiseann tú taobh amuigh den seomra ...taobh istigh den seomra...díriú d'aird ar do chorp ag tabhairt do chosa ar an urlár faoi deara ...do dhroim i gcoinne na cathaoireach ...agus bí feasach ar a bhfuil do lámha i dteagmháil leis ...agus díriú d'aird ar d'análú - gan ach é a thabhairt faoi deara ...

Anois cuimhnigh ar na rudaí dearfacha a d'aithin tú fút féin ...pioc ceann amháin díobh seo le rá leat féin i do cheann ...abair é sin leat féin cúpla uair...Lig duit féin é sin a chreidiúint

dáiríre - lig duit féin é a dhul i bhfeidhm ort go hiomlán ... Feic cad a fheiceann tú ...éist leis na fuaimeanna ...mothaigh dáiríre cad a mhothaíonn tú ...tabhair faoi deara chomh maith is atá sé ag mothú mar sin ...seo é tusa go fírinneach...agus tá tú sona ionat féin ...tóg cúpla nóiméad eile chun é seo a shú isteach ina iomláine.

Anois tosaigh ag tabhairt d'análú faoi deara arís...tabhair faoi deara cá háit a bhfuil do lámha ... tabhair na fuaimeanna timpeall ort faoi deara, sa seomra, ag teacht ón taobh amuigh...agus go mall tosaigh ag oscailt do shúile agus tar ar ais sa seomra ...

**Misneach,**  
**Rang a Sé, l. 165**

# Bíonn Torthaí ag Cinntí



Tóg cúpla nóiméad le bheith compordach i do shuíochán le do dhroim díreach agus do chosa cothrom ar an urlár ...Cuir do lámha go héadrom ar do ghlúine nó ar do bhord ...

Agus má mhothaíonn sé ceart go leor, dún do shúile nó díriú do shúile ar spota ar an urlár os do chomhair ... Agus tú i do shuí mar sin, tosaigh ag tabhairt aon fhuaimneanna faoi deara a thagann ón taobh amuigh den tseomra ...aon fhuaimneanna sa seomra seo ...agus tú i do shuí ansin bí feasach ar an teagmháil idir do chorp agus an chathaoir ...agus tabhair faoi deara mar a thacaíonn an chathaoir leat ...anois tóg cúpla nóiméad chun d'anáil a thabhairt faoi deara, ná déan iarracht é a athrú, ná déan ach do chliabhrach a thabhairt faoi deara ag éirí agus ag titim agus tú ag anáil isteach ...agus amach... ..

Anois samhlaigh go bhfuil tú ag siúl san áit is fearr leat sa dúlra, is áit shábháilte go hiomlán í ...tá tú ag siúl ar an gcosán ... agus tú ag siúl ar an gcosán tabhair na radharcanna faoi deara timpeall ort ...bí feasach ar na fuaimeanna ... bí feasach ar na bolaidh ...mhothaigh an t-aer timpeall ort ...agus an talamh faoi do chosa ...

Agus tú ag siúl leat, cuimhnigh ar an gcinneadh gur mhaith leat a dhéanamh ... smaoinigh ar dhá rogha atá agat ... ..ansin os do chomhair amach tugann tú faoi deara go dtéann an cosán i ndhá threo, cosán amháin ag dul ar dheis agus an ceann eile ar chlé ... tosaigh ag siúl ar chosán amháin - seo é do chéad rogha ... agus tú ag dul síos an chosáin sin ,samhlaigh go bhfuil an rogha sin roghnaithe agat cheana ... tabhair faoi deara conas atá sé é sin a bheith déanta agat ... tabhair faoi deara cad air a bhfuil tú ag smaoineamh ... bí feasach go hiomlán ar an gcinneadh atá déanta agat ... tabhair faoi deara conas a mhothaíonn tú taobh istigh...

Siúil ar ais go dtí an gabhal ar an gcosán agus bain triail as an gcosán eile, an dara rogha agat...agus tú ag dul síos an chosáin sin samhlaigh go bhfuil an rogha sin roghnaithe agat cheana ... tabhair faoi deara conas atá sé é sin a bheith déanta agat ... bí feasach dáiríre ar an gcinneadh atá déanta agat, tabhair faoi deara cad air a bhfuil tú ag smaoineamh, tabhair faoi deara conas a mhothaíonn tú taobh istigh ...

...bí feasach go hiomlán ar an gcinneadh atá déanta agat.

Siúil ar ais arís go dtí an gabhal ar an gcosán feiceann tú anois go bhfuil trí chosán ann, cosán nár thug tú faoi deara cheana, tóg an cosán seo agus féach an bhfuil an triú rogha ann nár smaoinigh tú air cheana...má tá, siúil isteach ann ... samhlaigh go bhfuil an rogha seo roghnaithe agat cheana... tabhair faoi deara conas atá sé é sin a dhéanamh... bí feasach go hiomlán ar an gcinneadh atá déanta agat... tabhair faoi deara cad air a bhfuil tú ag smaoineamh, tabhair faoi deara conas a mhothaíonn tú taobh istigh ... ..bí feasach go hiomlán ar an gcinneadh atá déanta agat.

Lean ar aghaidh anois ar an gcosán agus tar éis tamaill gearr tabhair faoi deara go dtagann na trí chosán le chéile arís .. agus tú ag siúl leat tugann tú faoi deara go bhfuil tú i bhfad níos soiléire faoi do chinneadh ...

Anois agus muid ag teacht go deireadh na gníomhaíochta seo ná déan ach d'anáil a thabhairt faoi deara arís... do chliabhrach ag éirí agus ag titim ... agus tosaigh ag tabhairt aon fhuaimneanna ag teacht isteach sa seomra faoi deara ... agus i d'am féin, nuair atá tú réidh, oscail do shúile.

**Misneach,  
Rang a Cúig, l. 197.**



**This resource was thoughtfully created by the PDST Primary Health and Wellbeing Team - Ciara Delaney, Gerard Farrelly, Nuala Dalton, Emma Uí Ríordáin, Colm Conlon, Margaret Foley, Tomás Mannion, Marion Flanagan, Amy Keaveney, Kate O'Neill, Deirdre Lavelle and Liam Clohessy.**

Audio clips of the guided visualisations and further resources are available at  
<https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>