



**Irish Heart
Foundation**

The National Stroke & Heart Charity



irishheart.ie/schools

Make way for Wellbeing!

FREE primary resources

Movement Breaks

Videos

PE & SPHE

Active Classroom

Healthy Eating

Gaeilge

**Your wellbeing
hub for healthy,
happy hearts**



**Ideal for
Active
School Flag**

Wellbeing resources from the Irish Heart Foundation

Free

Ready to use

Suitable for all ages

Energise learning and boost focus with movement, mindfulness and more!



Bizzy Breaks

for Bizzy Bodies and Bizzy Minds

Short movement and mindfulness breaks for the classroom

- Minimal equipment needed
- Includes short follow-along videos
- Also available as Gaeilge
- Perfect for Active School Flag



Action for Life

Physical literacy through PE and SPHE

Fun and adaptable activities for PE & SPHE

- Ideal for new curriculum area of Wellbeing
- Lesson plans and printable resources
- Links with the 'Move Well Move Often' programme



Let's Get Active

A fun 4-week physical activity challenge

- Includes printed booklet, stickers and certificates for every pupil
- Fun ideas for ways to be active in school and at home
- Daily activity trackers that link with maths



And lots more!

All FREE online



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