



**Irish Heart
Foundation**

The National Stroke & Heart Charity



irishheart.ie/schools

Make way for wellbeing!

A selection of **FREE** resources for use across
the school day

Movement Breaks

Mindfulness

PE & SPHE

Active Classroom

Healthy Eating

Gaeilge

Your wellbeing
hub for healthy,
happy hearts



All
FREE
online

WIN
a classroom
movement
break pack

- Sign up for free resources at bit.ly/IHFprimary (or scan)
- At bottom of form, enter competition code "wellbeing"



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
- Linked to the curriculum
- Also available as Gaeilge
- Perfect for Active School Flag



Action for Life

Physical literacy through PE and SPHE



Practical and adaptable activities for PE

- Links with the 'Move Well Move Often' programme
- Lesson plans and printable resources for PE and SHPE



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



irishheart.ie/schools



Irish Heart Foundation

The National Stroke & Heart Charity