



Wellbeing Walkway

Take a peaceful walk along our wellbeing walkway, where each sign invites you to pause, breathe, and practise a simple wellbeing activity.



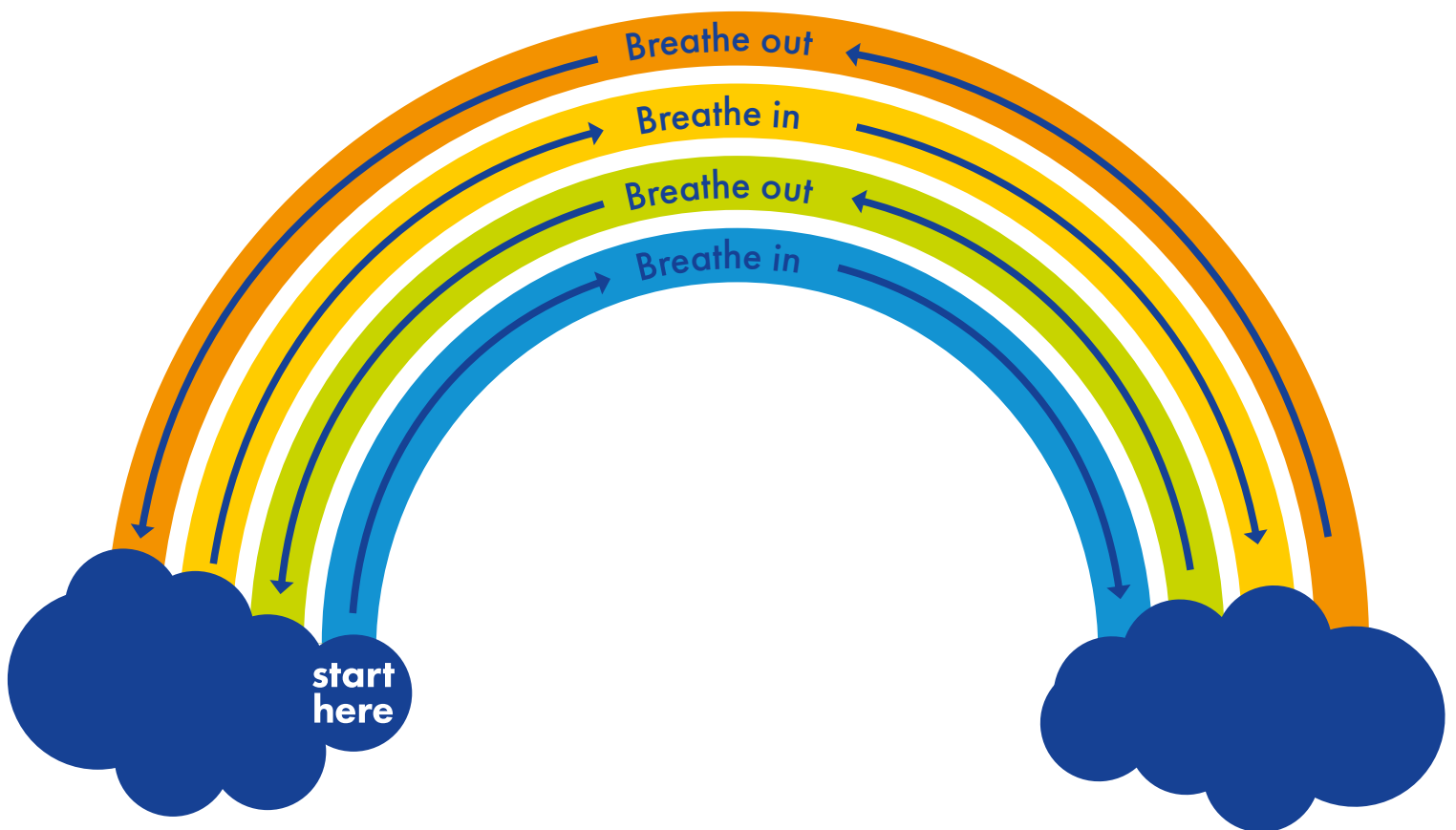
An Roinn Oideachais
Department of Education



If you have good thoughts, they will shine out of your face like **sunbeams**, and you will always look lovely.

Roald Dahl

Rainbow Breathing

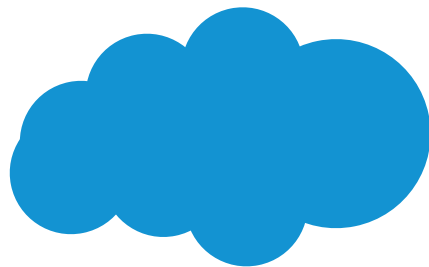


Instructions

Trace your finger along the rainbow.
Breathe in as you go to one end,
then breathe out as you come back.

Look for a cloud
that is shaped
like an **animal**.

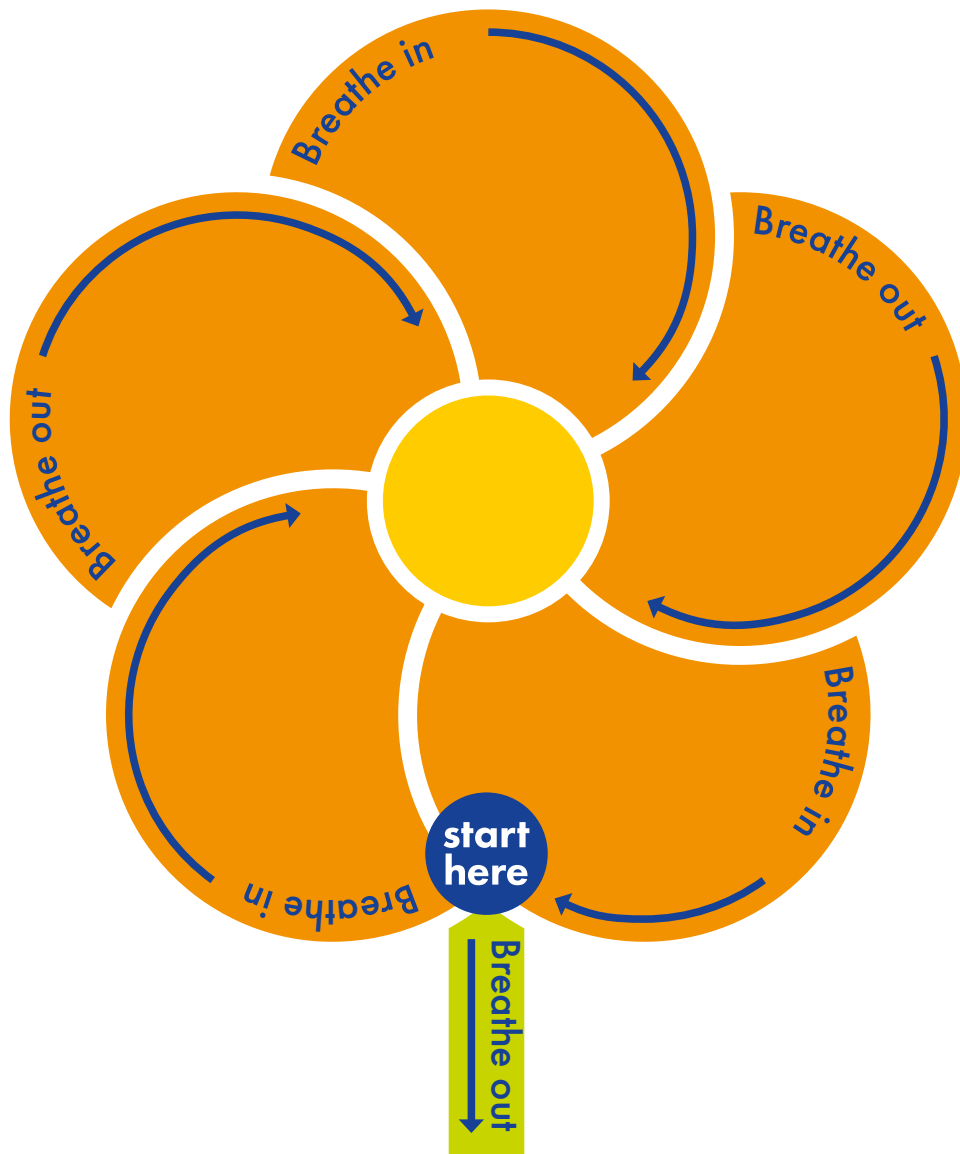
Watch it
change shape.



Promise me you'll
always remember:
You're **braver** than
you believe, and
stronger than you
seem, and **smarter**
than you think.

Christopher Robin (Winnie the Pooh)

Flower Breathing



Instructions

Trace your finger around the flower, breathing in on the first petal, breathing out on the second petal and so on.

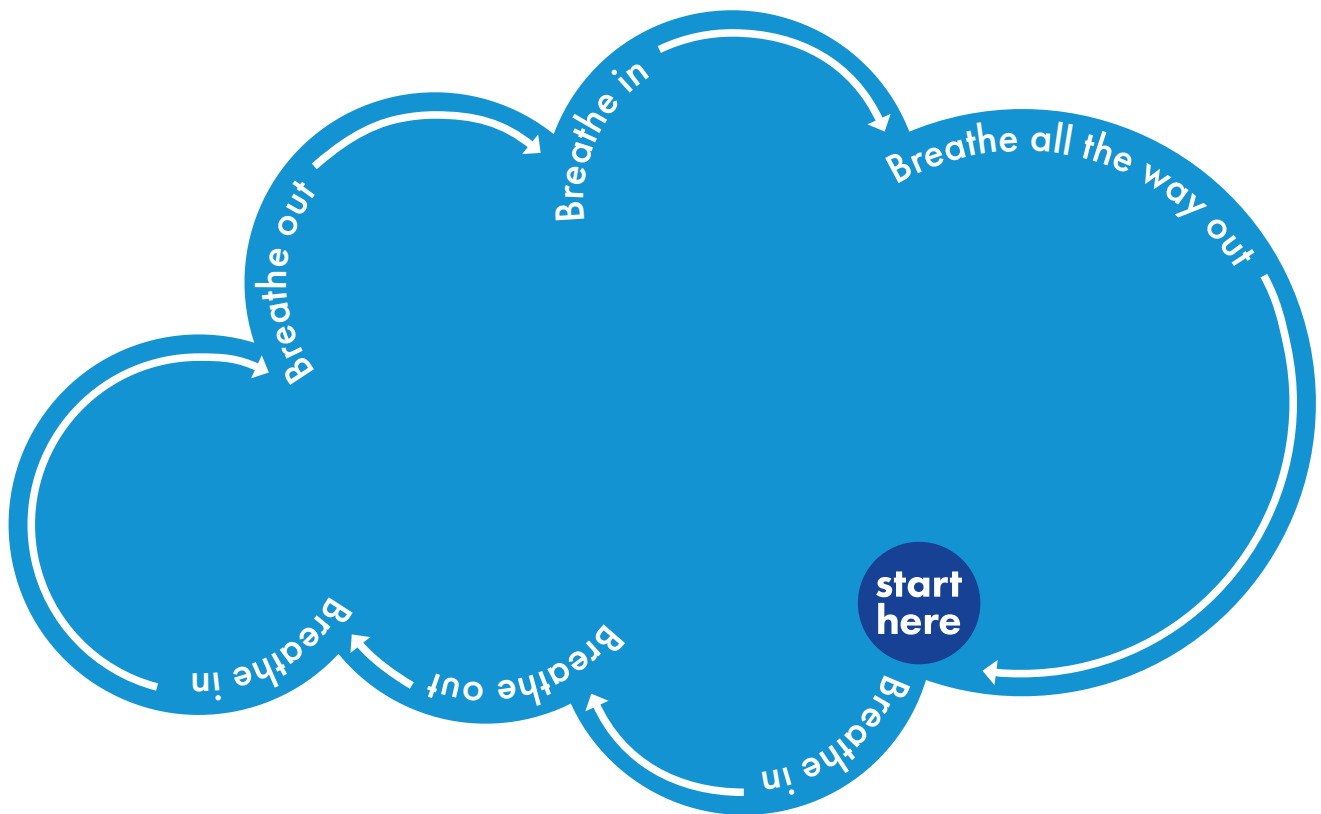
Close your eyes
and try listen to
a bird **singing.**



No act of
kindness, no
matter how small,
is ever wasted.

Aesop

Cloud Breathing



Instructions

Trace your fingers around the cloud, taking a deep breath in and out as you trace each curve.

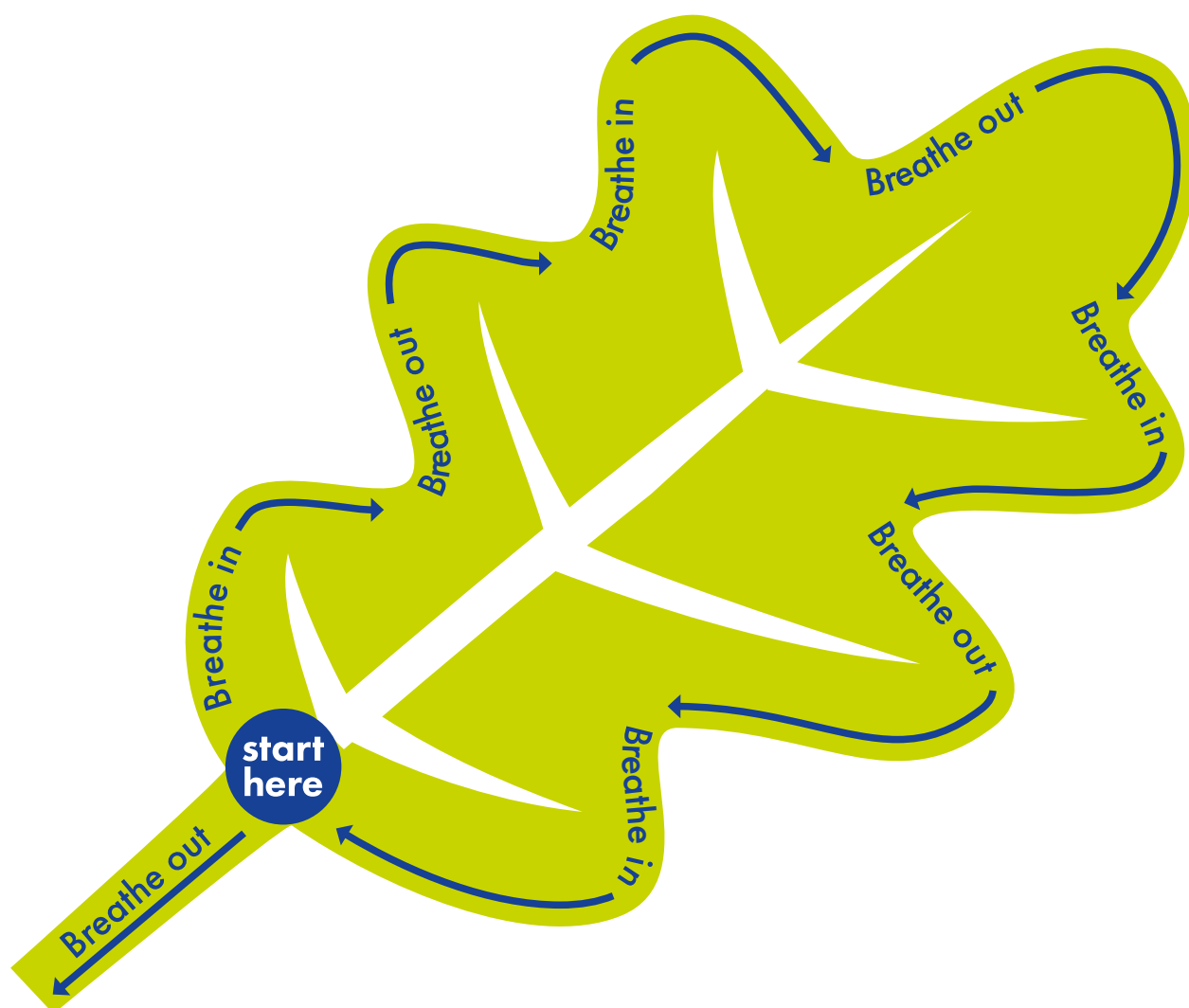
Find something
that is **your**
favourite colour.



**Be yourself,
everyone else
is taken.**

Oscar Wilde

Leaf Breathing



Instructions

Trace your finger around the leaf, breathing in as you move along the first curve, breathing out on the next curve, and so on.

Tree Pose



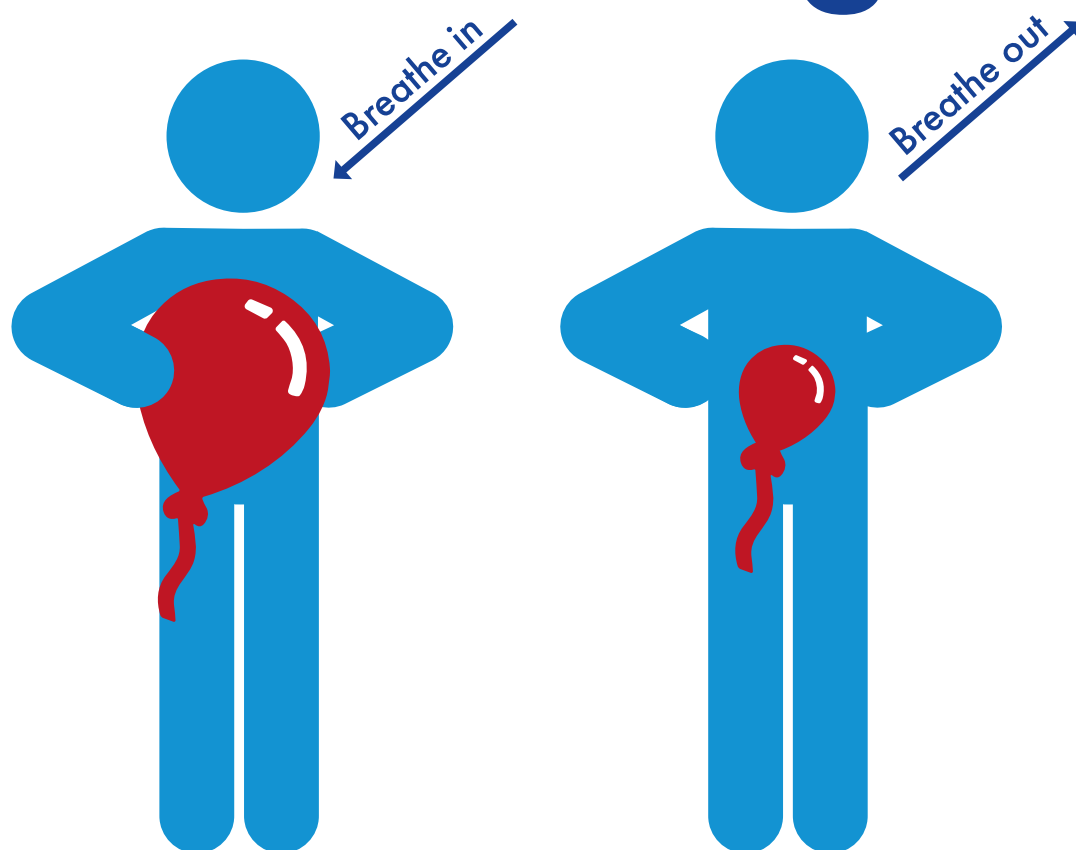
Instructions

Stand tall like a tree. Lift one foot and place it on your other leg. Bring your hands together like you're holding a big hug. Stay steady like a strong tree with deep roots. When you're ready, switch to the other foot.

The more that
you **read**,
the more things
you will **know**.
The more that
you **learn**,
the more places
you'll **go**.

Dr. Seuss

Balloon Breathing



Step 1: Put your hands on your tummy. Take a slow breath in through your nose and fill your lungs up, feeling your tummy and chest puff up like a balloon.

Step 2: Now, open your mouth and slowly blow all the air out, letting your body relax and flatten, like you're letting the balloon deflate.