

# Wellbeing Workshop

For Primary School Students



## Skills for Life

Learning positive self-care tools educates and empowers young adults to proactively manage their physical and mental health, develop emotional intelligence and motivates their progress towards their goals and ambitions.

We are constantly challenged by complexities and pressures associated to the fast-paced lifestyle that surrounds us. We are 'switched on' and accessible in a multitude of ways that places demands on our attention, time and health. There is increased need to learn practical skills to support our health, relationships and to manage overload, stress and anxiety.

1

### PHYSICAL

Yoga, Somatic Movement, Postural Alignment, Stress & Tension Release

2

### MENTAL- EMOTIONAL

Meditation, Yoga Nidra, Breath work , Focusing Techniques, Creativity for Health

3

### SELF AWARENESS

Personal Values, Needs, Decision-Making, Recognition of Fears & Ambitions, Goals



#### Format:

Interactive engagement, personal reflection and group work.

#### Facilitator:



Laura is a life coach, yoga, somatic movement and wellbeing expert mentioned in the Irish Times & TV3.

#### What you need?



A room with space to move, flip-chart, students own yoga mat, water, notebook & pen.

## Programme Details

Classes engage all aspects of the child's physical, mental and emotional wellbeing through interactive exercises, games, creative tasks and personal reflection.

Integrated into the school schedule these classes reaffirm the value and active application of their learning into the child's daily experience

Classes are typically 45minutes with each class-group one day a week throughout the school term.

**“All change starts with an awareness of who I am and what I need.”**

Each class includes elements of-

- Movement: Yoga, Dance, Games
- Body Awareness: Posture & Tension Release
- Skill practice: Expression, Communication, Relaxation, Listening, Concentration, Motivation, Stress Management, Self Care
- Personal Understanding: Self- Awareness, Resilience and Self Compassion
- Group work and Self Reflection exercises

Students will learn skills that will have a positive and lasting impact on their school and adult life.



Learning Outcomes:

- Self Awareness
- Understanding of the indicators of stress
- Personal Care and Active Wellbeing
- Confidence in Decision-Making
- Emotional and Social intelligence
- Self Motivation and Resilience
- Daily Practice based on their Needs

To learn more about Creative Wellbeing's benefits to your students-

Visit: [www.healingyoga.ie/schools](http://www.healingyoga.ie/schools)

Email: [laura@healingyoga.ie](mailto:laura@healingyoga.ie)

Phone: 0879633229

## CREATIVE FACILITATOR & COACH

*Laura Sarah Dowdall is a wellbeing expert working one to one, in group and workshop settings, she offers an integrated practice that combines her skills in dance, yoga, meditation, bio-energetic work, reiki and life coaching to create an enriching whole body experience.*

*“Yoga, mindfulness and meditation can be just the antidote to the go-go, technology-saturated lives in which children are immersed. Dowdall aims to empower them with techniques that they can use in decision-making and in recognising and coping with different emotions.”*

– Extract from Irish Times Article in the Family and Health Supplement, September 2017.

