



Wellbeing Supports Overview

Return to school

Safety

[Teacher Wellbeing](#)

[EAS Wellbeing](#)

[Pupil Wellbeing](#)

[PE Guidance](#)

[Non-Contact PE Activities](#)



Calm

[Breathe Mindful Activities](#)

[Restorative Return to School](#)

[Children's Books for](#)

[Wellbeing](#)

[Coping with Stress](#)



Connectedness

[Conversations with Kids](#)

[Playground Games](#)

[Creating and Playing Games](#)



Efficacy

[Teacher Wellbeing and Diversity](#)

[Peer and Self-Assessment in PE](#)

[Pupil Voice Booklet](#)

[Walk Tall Programme](#)



Hope

[Gratitude](#)

[Self-Talk Resources](#)

[Goal Setting in PE](#)



Key Documents

[NEPS Toolkit and Webinar](#)

[NCCA Curriculum Guidance: Returning to School](#)

[Wellbeing Policy Statement and Framework](#)

[Back To School Gov.ie](#)

[NCSE](#)

