



BRINGING CALM, CONNECTION, AND CONFIDENCE
TO THE CLASSROOM

DEARBHLA GRALL WELLNESS SCHOOLS GUIDE

*Exercise, Meditation & Wellbeing Practices for
Children and Teens*

EMPOWERING YOUNG MINDS THROUGH MOVEMENT,
STILLNESS, AND EMOTIONAL AWARENESS.

WHAT WE OFFER

Flexible Options for Schools:

 One Day Programs

 Weekly Wellbeing Programs

 Small Group & Personalised Programs

 Wellness Programs for Autism and SEN

 Staff Wellbeing Sessions

Our Sessions Include

- Movement-based exercises and yoga therapy exercises suitable for all levels
- Breathing exercises to calm and focus
- Guided relaxation and visualisation
- Mindfulness games and emotional literacy tools
- Reflection time to encourage connection and confidence

How It Works

1. Get in touch – We'll chat through what you're looking for.
2. Bespoke plan – A program tailored to your school's needs and schedule.
3. Simple delivery – We handle the sessions, and can provide short takeaways for teachers or parents, too.

BENEFITS & OUTCOMES

For Students

- ✓ Improved focus and self-regulation
- ✓ Reduced anxiety and stress
- ✓ Greater self-awareness and confidence
- ✓ Stronger peer relationships
- ✓ Tools they can use for life

For Your School

- 📖 Supports PSHE and PE objectives
 - 🧠 Aligns with whole-school wellbeing strategies
 - 🤝 Encourages a calm, positive learning environment
 - 💡 Complements SEL and mental health programmes
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GET IN TOUCH

**Ready to bring wellbeing into your school?
We'd love to hear from you.**

✉ Email: hello@dearbhlagrallwellness.com

🌐 Website: dearbhlagrallwellness.com

☎ Call: 087 687 9325

📍 Based in OLDCASTLE

Available for in-school & virtual sessions