



# Walk in My Shoes 2021 /22 Year Planner



To keep up-to-date on all WIMS activities, you can sign up to our eNewsletter on [walkinmyshoes.ie](http://walkinmyshoes.ie).

## Campaigns

### Frame of Mind Short Film Competition



Our Frame of Mind short film competition aims to improve awareness of mental health and to reduce stigma associated with mental health difficulties through film-making. Entrants are invited to submit short films of between two and three minutes' length or TikToks in either a 'Secondary School' or 'General' category. Applications open in November 2021.

### #MindYourSelfie Day

We run #MindYourSelfie Day to encourage as many people as possible to see and use the #MindYourSelfie hashtag to raise awareness and start conversations about the importance of looking after our mental health. The day also marks the launch of a new wellbeing support, which, over the years, has included everything from wellness journals and mindfulness colouring sheets to eBooks and classroom film guides. #MindYourSelfie Day is set to take place in 2022.

### WIMS Live

For the last number of years, we have run a week-long, pop-up radio station, WIMS FM, during the week leading up to World Mental Health Day on 10 October, broadcasting over 70 hours of diverse programming from a studio in St Patrick's University Hospital. Last year we moved from the WIMS FM studio to **WIMS Live**, an online programme of interactive broadcasts and activities. This year WIMS Live will run across four weeks (27 September- 22 October) to once again celebrate World Mental Health Day. Each week we'll be bringing a mix of podcasts, webinars, Instagram take-overs and wellbeing sessions (and, of course, the feel-good factor!). We'll be streaming across a variety of channels, from livestreams and online events with special guests and mental health ambassadors. There will be interactive school sessions where teachers and students can get involved. Stay tuned for more information....

### Mission Possible School Achievement Awards

Mission Possible is our school achievement awards programme, dedicated to celebrating and acknowledging the work schools do to promote positive mental health, both in the classroom and in the wider community. Through this initiative, we recognise schools from all over Ireland for their efforts and contribution in tackling the stigma surrounding mental health. Our 2021 awards saw six schools winning prizes across our three new categories: Best Standalone Project, Best Programme Activity, and the Most Creative Idea. Mission Possible 2022 will open for applications next January 2022.

September		October		November		December		January		February		March		April		May		June	
WE 1		FR 1	WIMS Live	MO 1		WE 1		SA 1	New Year's Day	TU 1		TU 1	Self-Injury Awareness Day	FR 1		SU 1		WE 1	
TH 2		SA 2	WIMS Live	TU 2		TH 2		SU 2		WE 2		WE 2		SA 2		MO 2	May Bank Holiday	TH 2	
FR 3		SU 3	WIMS Live	WE 3		FR 3		MO 3		TH 3		TH 3		SU 3		TU 3		FR 3	
SA 4		MO 4	WIMS Live	TH 4		SA 4		TU 4		FR 4	Frame of Mind Closing Deadline	FR 4		MO 4		WE 4		SA 4	
SU 5		TU 5	World Teacher's Day WIMS Live	FR 5		SU 5		WE 5		SA 5		SA 5		TU 5		TH 5		SU 5	
MO 6		WE 6	WIMS Live	SA 6		MO 6		TH 6		SU 6		SU 6		WE 6		FR 6		MO 6	June Bank Holiday
TU 7		TH 7	WIMS Live	SU 7		TU 7		FR 7		MO 7		MO 7		TH 7		SA 7		TU 7	
WE 8		FR 8	WIMS Live	MO 8		WE 8		SA 8		TU 8	Safer Internet Day	TU 8	International Women's Day	FR 8		SU 8		WE 8	
TH 9		SA 9	WIMS Live	TU 9		TH 9		SU 9		WE 9		WE 9		SA 9		MO 9		TH 9	
FR 10		SU 10	World Mental Health Day WIMS Live	WE 10	Frame of Mind Application Opens	FR 10	Human Rights Day	MO 10		TH 10		TH 10	International Day of Happiness	SU 10		TU 10		FR 10	
SA 11		MO 11	WIMS Live	TH 11		SA 11		TU 11		FR 11		FR 11		MO 11		WE 11		SA 11	
SU 12		TU 12	WIMS Live	FR 12		SU 12		WE 12	Mission Possible Applications Open	SA 12		SA 12		TU 12		TH 12		SU 12	
MO 13		WE 13	WIMS Live	SA 13		MO 13		TH 13		SU 13		SU 13		WE 13		FR 13		MO 13	
TU 14		TH 14	WIMS Live	SU 14		TU 14		FR 14		MO 14	Valentine's Day	MO 14		TH 14		SA 14		TU 14	
WE 15		FR 15	WIMS Live	MO 15		WE 15		SA 15		TU 15		TU 15		FR 15	Good Friday	SU 15		WE 15	
TH 16		SA 16	World Food Day WIMS Live	TU 16		TH 16		SU 16		WE 16		WE 16		SA 16		MO 16		TH 16	
FR 17		SU 17	WIMS Live	WE 17		FR 17		MO 17		TH 17		TH 17	St. Patrick's Day	SU 17	Easter Sunday	TU 17		FR 17	
SA 18		MO 18	WIMS Live	TH 18		SA 18		TU 18		FR 18		FR 18		MO 18	Easter Monday	WE 18		SA 18	
SU 19		TU 19	WIMS Live	FR 19	International Men's Day	SU 19		WE 19		SA 19		SA 19		TU 19		TH 19		SU 19	
MO 20		WE 20	WIMS Live	SA 20	Universal Children's Day	MO 20		TH 20		SU 20		SU 20		WE 20		FR 20		MO 20	
TU 21		TH 21	WIMS Live	SU 21		TU 21		FR 21		MO 21		MO 21		TH 21		SA 21		TU 21	
WE 22		FR 22	WIMS Live	MO 22		WE 22		SA 22		TU 22		TU 22		FR 22		SU 22		WE 22	
TH 23		SA 23		TU 23		TH 23		SU 23		WE 23		WE 23		SA 23		MO 23		TH 23	
FR 24		SU 24		WE 24		FR 24		MO 24		TH 24		TH 24		SU 24		TU 24		FR 24	
SA 25		MO 25	October Bank Holiday	TH 25		SA 25	Christmas Day	TU 25		FR 25		FR 25	Mission Possible Deadline	MO 25		WE 25		SA 25	
SU 26		TU 26		FR 26		SU 26	St. Stephens Day	WE 26		SA 26		SA 26		TU 26		TH 26		SU 26	
MO 27	WIMS Live	WE 27		SA 27		MO 27		TH 27		SU 27		SU 27		WE 27		FR 27		MO 27	
TU 28	WIMS Live	TH 28		SU 28		TU 28		FR 28		MO 28		MO 28		TH 28		SA 28		TU 28	
WE 29	WIMS Live	FR 29		MO 29		WE 29		SA 29				TU 29		FR 29		SU 29		WE 29	
TH 30	WIMS Live	SA 30		TU 30		TH 30		SU 30				WE 30		SA 30		MO 30		TH 30	
		SU 31	Halloween			FR 31	New Year's Eve	MO 31				TH 31				TU 31			

## Resources

### WIMS YouTube

We have lots of content on our WIMS YouTube channel such as recorded webinars, mindfulness videos, award ceremonies, classroom presentations and films from our Frame of Mind campaign.

### Downloadable Classroom Resources Include:

- ☆ Film resources
- ☆ Mindfulness exercises
- ☆ Self- esteem activities
- ☆ Wellbeing journals
- ☆ Wellness wall
- And lots more....

### WIMS School Portal

The first of its kind in Ireland, our School Portal gives primary and secondary schools nationwide the opportunity to capture and share the great work they're doing to promote mental health and wellbeing in their classrooms and school communities. The WIMS School Portal captures, in one place, the various resources, initiatives and ideas being rolled out by schools, teachers and students across the country to help support, inspire and collaborate with their colleagues in other schools in their efforts to promote and encourage mental health and wellbeing. To register visit [walkinmyshoes.ie](http://walkinmyshoes.ie)

- /walkinmyshoesireland
- @walkinmyshoes
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- @stpatricks\_WIMS

[www.walkinmyshoes.ie](http://www.walkinmyshoes.ie)