

# 5 steps to

# promoting wellbeing in your school

with Walk in My Shoes (WIMS)

1

Download our WIMS Teacher Year Planner and start planning your initiatives

2

Download WIMS school resources from [walkinmyshoes.ie](http://walkinmyshoes.ie)

3

Catch up on WIMS school webinars on our YouTube channel

4

Register for our School Portal and see the great work other schools are doing to promote wellbeing

5

Set up a Wellbeing Committee in your school (this can be students & teachers)



If you'd like to receive news on all our initiatives and events, sign up to our School eNewsletter on [walkinmyshoes.ie](http://walkinmyshoes.ie)

