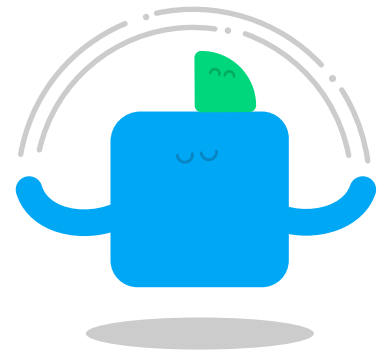


The A Lust For Life Schools Programme:

An emotional wellbeing and resilience programme for children, developed with best practice in psychology, mindfulness and education.



The programme is designed to equip children with the tools and skills to navigate the ups and downs of life by building:

- Emotional Resilience
- Emotional Literacy
- Emotional Awareness



The programme is built on a 'Netflix'-style digital platform, with:

- Lesson Plans & class activities
- Video & animated content
- Mindfulness exercises
- A 'Try It At Home' Series

We believe we need to start a movement to build emotional wellbeing tools and resilience in our children. Help us change the course of the next generation's mental health and wellbeing.



Our goal is to reach every child in Ireland through the A Lust For Life Schools Programme. Its offered free of charge. All you need a screen, audio speakers and an internet connection.

Register on the homepage now to deliver the programme in your classroom.

A
LUST
FOR
LIFE