



# Walk in My Shoes 2024/25 Year Planner



## Campaigns

### Frame of Mind

Our Frame of Mind competition aims to increase mental health awareness and reduce stigma through creative practice.

With the competition marking its tenth year in 2024 the standard of short films submitted was exceptional and the winning films can be viewed on our WIMS YouTube channel.

WIMS are excited to see what creative short films are produced by secondary schools from all over Ireland again in 2025.

### 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.

Open to primary and secondary schools, and Further Education and Training Centres (FETs), WIMS is looking forward to seeing all of the great work taking place in the area of wellbeing in school and education communities.

### WIMS School Portal

The first of its kind in Ireland, the School Portal is a free, secure, online platform for teachers, principals and school staff to showcase the mental health and wellbeing activities and resources that their schools are promoting in their classrooms and communities.

The portal is a one-stop-shop for teachers and school staff to 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](http://walkinmyshoes)



September	October	November	December	January	February	March	April	May	June
SU 1	TU 1	FR 1	SU 1	WE 1 New Years Day	SA 1	SA 1 Self-Injury Awareness Day Seachtain Na Gaeilge	TU 1	TH 1	SU 1
MO 2	WE 2	SA 2	MO 2	TH 2	SU 2	SU 2 Seachtain Na Gaeilge	WE 2	FR 2	MO 2 June Bank Holiday
TU 3	TH 3	SU 3	TU 3	FR 3	MO 3 St Brigid's Day	MO 3 Seachtain Na Gaeilge	TH 3	SA 3	TU 3
WE 4	FR 4	MO 4	WE 4	SA 4	TU 4	TU 4 Seachtain Na Gaeilge	FR 4	SU 4	WE 4
TH 5	SA 5 World Teacher's Day	TU 5	TH 5	SU 5	WE 5	WE 5 Seachtain Na Gaeilge	SA 5	MO 5 May Bank Holiday	TH 5 World Environment Day
FR 6	SU 6	WE 6	FR 6	MO 6	TH 6	TH 6 Seachtain Na Gaeilge	SU 6	TU 6	FR 6
SA 7	MO 7	TH 7	SA 7	TU 7	FR 7 Safer Internet Day	FR 7 Seachtain Na Gaeilge	MO 7 World Health Day	WE 7	SA 7
SU 8	TU 8	FR 8	SU 8	WE 8	SA 8	SA 8 International Women's Day Seachtain Na Gaeilge	TU 8	TH 8	SU 8
MO 9	WE 9	SA 9	MO 9	TH 9	SU 9	SU 9 Seachtain Na Gaeilge	WE 9	FR 9	MO 9
TU 10	TH 10 World Mental Health Day	SU 10	TU 10 Human Rights Day	FR 10	MO 10	MO 10 Seachtain Na Gaeilge	TH 10	SA 10	TU 10
WE 11	FR 11	MO 11	WE 11	SA 11	TU 11	TU 11 Seachtain Na Gaeilge	FR 11	SU 11	WE 11
TH 12	SA 12	TU 12	TH 12	SU 12	WE 12	WE 12 Seachtain Na Gaeilge	SA 12	MO 12	TH 12
FR 13	SU 13	WE 13 World Kindness Day	FR 13	MO 13	TH 13	TH 13 Seachtain Na Gaeilge	SU 13	TU 13	FR 13
SA 14	MO 14	TH 14	SA 14	TU 14	FR 14	FR 14 Seachtain Na Gaeilge	MO 14	WE 14	SA 14
SU 15	TU 15	FR 15	SU 15	WE 15	SA 15	SA 15 Seachtain Na Gaeilge	TU 15	TH 15	SU 15
MO 16	WE 16	SA 16	MO 16	TH 16	SU 16	SU 16 Seachtain Na Gaeilge	WE 16	FR 16	MO 16
TU 17	TH 17	SU 17	TU 17	FR 17	MO 17	MO 17 St. Patrick's Day Seachtain Na Gaeilge	TH 17	SA 17	TU 17
WE 18	FR 18	MO 18	WE 18	SA 18	TU 18	TU 18	FR 18 Good Friday	SU 18	WE 18
TH 19	SA 19	TU 19 International Men's Day	TH 19	SU 19	WE 19	WE 19	SA 19	MO 19	TH 19
FR 20	SU 20 Culture Night	WE 20 Universal Children's Day	FR 20	MO 20	TH 20	TH 20 International Day of Happiness	SU 20	TU 20 Easter Sunday	FR 20
SA 21	MO 21 World Gratitude Day	TH 21	SA 21	TU 21	FR 21	FR 21	MO 21	WE 21 Easter Monday	SA 21
SU 22	TU 22	FR 22	SU 22	WE 22	SA 22	SA 22	TU 22	TH 22 Earth Day	SU 22
MO 23	WE 23	SA 23	MO 23	TH 23	SU 23	SU 23	WE 23	FR 23	MO 23
TU 24	TH 24	SU 24	TU 24	FR 24 Christmas Eve	MO 24	MO 24	TH 24	SA 24	TU 24
WE 25	FR 25	MO 25	WE 25	SA 25 Christmas Day	TU 25	TU 25	FR 25	SU 25	WE 25
TH 26	SA 26	TU 26	TH 26	SU 26 St. Stephen's Day	WE 26	WE 26	SA 26	MO 26	TH 26
FR 27	SU 27	WE 27	FR 27	MO 27	TH 27	TH 27	SU 27	TU 27	FR 27
SA 28	MO 28 Bank Holiday	TH 28	SA 28	TU 28	FR 28	FR 28	MO 28	WE 28	SA 28
SU 29	TU 29	FR 29	SU 29	WE 29		SA 29	TU 29	TH 29	SU 29
MO 30	WE 30	SA 30	MO 30	TH 30		SU 30	WE 30	FR 30	MO 30
	TH 31 Halloween		TU 31	FR 31		MO 31		SA 31	

## Resources

### WIMS YouTube

We have lots of helpful content on our WIMS YouTube channel such as recorded webinars, mindfulness videos, 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....



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

- /walkinmyshoesireland
- @walkinmyshoes
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