



Student Wellbeing

For Secondary School Students

Contact us

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Why Skilly?

For students to succeed and prosper beyond school, they require a high competency in key life-skills to manage their wellbeing and take advantage of future career opportunities. Like any skill, higher levels of proficiency come with the practising of those skills.

Skilly creates fantastic learning outcomes for young people. Now more than ever, young people's wellbeing and soft skills capabilities are of utmost importance. See student testimonials below.

As we come out of the pandemic, one of the main challenges will be young people's wellbeing. Skilly is a trackable tool that is designed to support both teachers and students when navigating this challenge.

Student Testimonials



“The person in the video really helped me to understand how to take care of my own well being.”

**1st Year Student on
Prioritising Wellbeing**



“I told my friends and family about how I was feeling and it made me feel a lot better that other people knew and that they were there to help me.”

**Student on Understanding
Emotions**



“When I did this it was a lot easier to stay focused and I wasn’t distracted so I got stuff done quicker”

**Student on Having a Clear
Workspace**



“I will work on good planning to help me develop a good life balance as I realise that this is an important lifestyle skill.”

**Student on Lifestyle
Management**

Connecting Students



“This is helpful for me because I get stressed all the time because of my learning difficulties and I think the practices they are saying could be helpful”.

**1st Year Student on
Relaxation**

Student Testimonials



"I am going to try to be more active and to be more aware of my wellbeing. I want to try to meditate more and try to help me feel the best I can. I want to be calm and focused during classes and try to work as hard as I can."

**1st Year Student on
Prioritising Wellbeing**



"I am now going to take 5 minutes during each break we have to take 5 minutes just to close my eyes and think about how my day has gone. If I take this time it will help me feel refreshed and ready for the next class."

**1st Year Student on Lifestyle
Management**

Engaging Students



"I made a list of things to do every day and put it on a chalkboard in my kitchen from doing exercise to chores and work to eating the right food. This board makes it easier to be able to manage my lifestyle and have a healthier day"

**1st Year Student on Lifestyle
Management**



"I have learned from the video that what you hear in the news is not always helpful to your wellbeing and that taking time out of your work and spending time with your family can help you keep a managed life."

**1st Year Student on Lifestyle
Management**