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IRIALL

IS TURAS É AN SAOL;



NÍ CEANN SCRÍBE!

Life is a journey, not a destination.

If life is a game, is it a game of choice? Or is it that simple to define?

This project began with much debate.

So what does positive mental health mean to us?

We started out with a mind-map that addressed issues that enable us to stay healthy in both body and mind.

Our research informed us that both physical and mental health go hand in hand.

As complicated as the life of a teenager can be, we all enjoy a bit of fun. Therefore we looked at various ways of explaining this in a sculptural format.

Some students mentioned the 'Game of Life', 'Monopoly', 'Snakes & Ladders', all of which contain elements of chance, a bit like life, we suppose.

And so in our research, we found a great quote by the philosopher, Lao Tzu.

***To be without desire,
is to be simple.
If life is simple,
then life is not complicated!***

Nothing is more complicated than life. It is a puzzle to which there is no definable ending. A puzzle.....

We then discussed what different types of puzzles we could perhaps use in our sculpture piece.

Then, one of us suggested a sliding puzzle of some sort. Eureka!

How to make it? That was the million dollar question. We thought of clay, cardboard and thought it was perhaps too ambitious. We went online to seek inspiration and then thought of our fantastic new facilities in the school. Why not construct it out of wood? All of a sudden it became a cross-curricular project! The students in Transition Year were more than happy to evade the ECDL class to accompany Mícheál, the woodwork teacher in constructing the puzzle.

It was up to us then to decide what image would make up the puzzle.

Initially, given that the theme is based on 'Life is a journey; not a destination', we thought of a road or highway, with pitstops, something that is probably more predictable than original!

We then discussed the 'tree' concept. But alas decided that the road would come to an end, and the tree might cease to live. And anyway, as far as roads go, no one takes the exact same path in life to get to where they're going!

Yet, what's more important is that should we should aim to nurture our lives with a variety of elements that will make our journey more peaceful and enjoyable.

As discussed in SPHE, we previously gained the understanding of what steps we need to take in order to live this healthy, balanced lifestyle and thought it appropriate to perhaps include these steps on each tile of the puzzle.

We have highlighted the most important of these on each tile and we think they look fab! It's not just your average puzzle because you do not arrive at a destination.

There is no one finished image. When you take your turn, you can arrange your life however you like. Just make sure you address each tile on your journey, and go back to visit if needs must.

When developing this concept as a group, we found it a helpful way to address issues in an upbeat way that involved everyone. We found it helped with self-esteem issues; that it didn't matter what the outcome was on the board; that it was just fun moving the tiles around. It is the most creative way of encouraging a variety of discussions on mental health that we've had to date!

We hope you too can have as much fun working out your own puzzle, remembering that life is a journey, and not a destination!

Designed by:

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