

**BHNCDSB Catholic Education and Mental Health Week 2021**  
**Daily Prayer Experience and Link to SMHO Faith and Wellness Resource Activity**  
**“Nurturing Hope – Together We Can”**

*“Those who hope in the LORD will renew their strength.” (Isaiah 40:31)*

**2021 Hashtags: #bhnHope #CEW2021 #NurturingHope #GetLoudBHN #TogetherWeCan**



**Tuesday, May 4, 2021 “Sowing Seeds of Gratitude”**

**Daily Prayer Experience**  
**Visio Divina**



**Visio Divina – “Seeing the Word”**  
**An Experience of Praying with Sacred Images**

[Click here](#) for further instructions to this meaningful prayer practice.

**Faith and Wellness Activity**

**[Giving Thanks](#)**



**Giving Thanks – Helping students intentionally notice positive elements in their day, to shift their balance towards optimism**

**Expressing Gratitude skills** helps us notice and appreciate the positives in life, even when faced with a challenge.

**Suggested adaptations/modifications:** Adapt as needed  
**Suitable for Primary, Junior and Intermediate Divisions**

For additional activities visit [SMHO Faith and Wellness](#)

*Faith and Wellness is a Daily Mental Health Resource offering, everyday mental health practices to enhance students’ social and emotional skills. Practices are rooted in the Catholic Faith and align with the Ontario curriculum, Ontario Catholic School Graduation Expectations (OCSGE), learning skills and Kindergarten four frames and was produced by School Mental Health Ontario and the Ontario English Catholic Teacher’s Association (OECTA).*

Visit the Brant Haldimand Norfolk Mental Health Week Calendar of Events for even more ways to celebrate Mental Health Week!