



Catholic Education Week & Mental Health Week

Ignite Hope- Keep Connected

Monday May 4, 2020



PERSONAL REFLECTION

Consider what you do to promote your own well-being. Are there areas in your life that you just don't get to?

Try an activity outlined in each domain that promotes well-being. If you don't get to them all, that's ok. Try what you like.

There will be more options every day of the week.

Pay attention to domains that you don't typically address. Think about barriers that get in the way of you taking care of your whole self, and try to take them away.

The activities are designed to appeal to a variety of ages. Feel free to adapt them to meet your needs.

Mental Health- Finding a Shared Language

This [CAMH video](#) explains the separate but interconnected concepts of mental health and mental illness, as well as what it means to 'promote mental health' in ourselves, in our schools, and in our communities.

SPIRITUAL SELF

"Christ is alive! He is our hope, and in a wonderful way, he brings youth to our world, and everything he touches becomes young, new, full of life."

(Pope Francis, Apostolic Exhortation to Young People, *Christus Vivit*, #1)

Igniting Hope with a Song

Either independently or as a family, listen to the song, "Hope" written by our BHNCD SB Arts Consultant for Catholic Education Week

[OCSTA- Hope in Our World](#)

Think about or discuss how this song makes you feel. Consider creating some dance moves to have fun as you listen to the song and "ignite hope" in your home to kick-off Catholic Education Week and Mental Health Week!

COGNITIVE/MIND

Mindful Listening

An owl can hear sounds that are close and far away and can also be silent when needed.



Go on a "sound hunt" as an owl. Sit still for 2 minutes indoors or outside (weather permitting). What do you hear close up? What do you hear far away? Write and draw your observations. You can use the worksheet in the link below if you like, or just write on a piece of paper!

[Mindful Listening](#)

SOCIAL

Keep Connected

Talking to others and sharing how you are feeling is important. So is asking for help when you are feeling overwhelmed.

[Click here](#) to see a help seeking resource by students for students:



Twitter Campaign

Candles for Unity & Hope for today, and the future!

Place a "light" in your window, your porch, or front door. Be creative – lights can include posters, paintings in windowpanes, chalk drawings on sidewalks, candles made of craft supplies from home, playdough, plasticine, Lego, etc.

For safety: please refrain from using real flames

From May 4- 8th display your lights and messages of hope and take a photo!

Tweet your photo using **#bhnHope #CEW2020**.

Photos will be used to create a BHNCDSD stream of hope and shared on Monday, May 11, 2020.

EMOTIONAL

The Miracle of Self Compassion

We don't always think of ourselves as suffering. But in fact, we are, more often than we usually realize, just not necessarily suffering greatly. We struggle in small ways, and that affects our happiness, the happiness of those around us, and our actions and habits throughout the day.

Try practicing this daily habit, to help with suffering in all forms:

The Self-Compassion Method

1. Notice your suffering, in one of its many forms.
2. Turn towards the suffering, see it as it is, feel it fully, experience it mindfully and in the moment.
3. Accept the suffering, instead of trying to ignore it, avoid it, push it away, destroy it. Accept that it is a part of life, a part of you, but temporary.
4. Wish yourself happiness, wish for an end to your suffering. Give yourself a mental hug, comfort yourself.
5. Let go of what's causing the suffering. Just release it or put it aside. The cause is likely something you wish were different. Instead, appreciate things as they are. Be present with reality.
6. Be grateful for the reality that is happening right now.

[The Miracle of the Self-Compassion Habit](#)

PHYSICAL/BODY

Moving our bodies is essential to keeping well. Try this fun activity using your name to get active. If you can't do the assigned movement, try something else!

what's your name? fit activity for kids

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Helpful Resources

[Youth Mental Health Canada](#)

[Canadian Mental Health Association](#)

[Kids Help Phone](#)

[School Mental Health Ontario](#)

[Children's Mental Health Ontario](#)