



# Catholic Education Week & Mental Health Week

Ignite Hope- Keep Connected

Friday May 8, 2020



## PERSONAL REFLECTION

On this final day of Catholic Education Week and Mental Health Week, were you able to try new things to promote well-being? Were there any domains you didn't work on? What got in the way? Commit to your own self-care. You're worth it!

### The Importance of Sleep

Sleep is important to your physical and mental health. It allows your mind to digest and make sense of the day's events. It prepares your brain for learning new things. During sleep your brain even cleans itself! Simply put, sleep is essential for life and getting the proper amount of sleep helps us cope better with whatever life brings our way.

It's Friday! Enjoy the weekend, get some rest and visit [Healthy Sleeping](#) to help you develop better sleeping habits.

## SPIRITUAL SELF

*"The very first dream of all, is the creative dream of God our Father, which precedes and accompanies the lives of all his children. The memory of this blessing, that extends from generation to generation, is a precious legacy, that we should keep alive, so that we too, can pass it on."*  
(Pope Francis, Apostolic Exhortation to Young People, *Christus Vivit*, #194)

Listen to the song, "[Because He Lives](#)" by Matt Maher

### A Future Full of Hope

Read the Jeremiah passage (paraphrased) below and write a journal response.

### A Future Full of Hope

The prophet Jeremiah was given a message of hope for the Israelites when they were in exile from their homeland. Read this passage as if God is speaking to you, personally.

*"I know what I'm doing. I have it all planned out – plans to take care of you, not abandon you, plans to give you the future you hope for. When you call on me, when you come and pray to me, I'll listen. When you come looking for me, you'll find me. Yes, when you get serious about finding me, and want it more than anything else, I'll make sure you won't be disappointed."*

How do you respond to God? What do you want to say?

## COGNITIVE/MIND



Photo credit: teacherspayteachers.com

## SOCIAL



Photo Credit: <https://www.givingartfullykids.com/>

### Let's Chalk About It!

Create positive and inspirational messages using chalk on your sidewalk! Take a picture and post it on social media using #bhnHope!

### 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 BHNCSB stream of hope and shared on Monday, May 11, 2020.

## EMOTIONAL

### Create a GLITTER JAR

- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



Big Life Journal - [biglifejournal.com](http://biglifejournal.com)

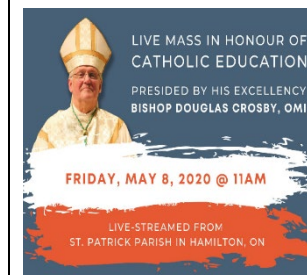
## PHYSICAL/BODY



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### Go for a mindful walk.

While walking, focus on your senses. Pay attention only to what you hear, see, smell and feel. If your mind starts to wander, that's ok, just refocus your thoughts. This will help you settle yourself more easily and be aware of the present moment. Don't forget to practice physical distancing and personal safety.



Invitation for all to participate in an online CEW Mass with Bishop Crosby, Diocese of Hamilton at 11:00 a.m.

[Click here for Mass with Bishop Crosby](#)

## Helpful Resources

[Youth Mental Health Canada](#)

[Canadian Mental Health Association](#)

[Kids Help Phone](#)

[School Mental Health Ontario](#)

[Children's Mental Health Ontario](#)