

DAY 4

THURSDAY MAY 10, 2018

LIVING THE PROMISE

ONTARIO CATHOLIC SCHOOL GRADUATE
EXPECTATIONS:

A Discerning Believer, An Effective
Communicator

CATHOLIC SOCIAL TEACHING:
Solidarity, Participation, Dignity of Labour

SCRIPTURE FOCUS:
Luke 4:18-24

Mental Wellness Theme:
Self-Care

Suggested Videos:
"Oprah Winfrey: Take care of yourself"
(I) 3 minutes
<https://www.youtube.com/watch?v=kfLGR0KYuys>

"3 Minute Body Scan Meditation"
(P/J/I) https://www.youtube.com/watch?v=ihwcw_ofuME

Suggested Reading:

(P/J) "What do you do with a chance?"

(FDK/P) "Wemberly Worried"

DAY 5

FRIDAY MAY 11, 2018

PROCLAIMING THE PROMISE

ONTARIO CATHOLIC SCHOOL GRADUATE
EXPECTATIONS:

An Effective Communicator, A Reflective and
Creative Thinker

CATHOLIC SOCIAL TEACHING:
Life and Dignity of the Human Person

SCRIPTURE FOCUS:
Luke 24:32-35

Mental Wellness Theme:
Mindfulness

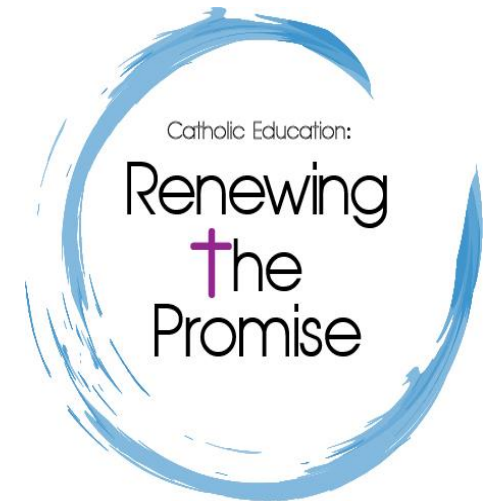
Suggested Videos:
"Mindful Eating" (P/J/I) 3
minutes https://www.youtube.com/watch?v=g_uXTS1YFf-0

Video "Mindful Minute Breathing" (P/J/I) 45
seconds <https://www.youtube.com/watch?v=jfVjlec3f6c>

Suggested Reading:

(P/J) "I am Peace"

(J/I) "Breathe and Be: Mindfulness Poems"



MENTAL WELLNESS WEEK

May 7 – MAY 13, 2018

At St. Ann School
15 St. Ann st. Hamilton

DAY 1

MONDAY MAY 7, 2018

REMEMBERING THE PROMISE

Ontario Catholic School Graduate
Expectations:

An Effective Communicator, A Self Directed,
Responsible, lifelong partner, A Discerning
Believer

Catholic Social Teaching;
Human Dignity, Participation

Scripture Focus:
John 14:26

Mental Wellness Theme:
Introduction to Mental Wellness Week

Suggested Reading:
"Chicken Soup for the Soul: Random Acts of
Kindness"

"The Anxiety Workbook for Kids: 55 simple,
fun activities to help kids discover their
strengths, tame their scary thoughts and find
calm in the moment" (activities and
worksheets)

DAY 2

TUESDAY MAY 8, 2018

THE PROMISE IS WITHIN YOU

Ontario Catholic School Graduate
Expectations:

A Reflective and Creative Thinker, A Discerning
Believer, An Effective Communicator

Catholic Social Teaching:
Solidarity, Participation

Scripture Focus:
Jeremiah 29: 11

Mental Wellness Theme:
Affirmations

Suggested Videos:
"What I Am" (FDK/P) 1:45 minutes
[https://www.youtube.com/watch?v=cyVzjoj96
vs&list=PLkDyfDyf23GaaEY49qYM74f8yBIN86t
7E](https://www.youtube.com/watch?v=cyVzjoj96vs&list=PLkDyfDyf23GaaEY49qYM74f8yBIN86t7E)
"Affirmations for Children" (J/I) 15 minutes
[https://www.youtube.com/watch?v=ffXclh8cd
kY](https://www.youtube.com/watch?v=ffXclh8cdkY)
Suggested Reading:
(FDK/P) "Stand Tall, Molly Lou Melon"
(J/I) "In the Garden of Thoughts"

DAY 3

WEDNESDAY MAY 9, 2018

PRAYING THE PROMISE

Ontario Catholic School Graduate
Expectations:

A Reflective, Creative and Holistic Thinker,
A Discerning Believer

Catholic Social Teaching:
Solidarity, Participation

Scripture Focus:
Matthew 7:7-8

Mental Wellness Theme:
Gratitude

Suggested Videos:
Video "Gratitude Attitude" (FDK/P) 2:30
minutes
[https://www.youtube.com/watch?v=PIHn_Xb
c6iM](https://www.youtube.com/watch?v=PIHn_Xbc6iM)
"Be Thankful" (J/I) 5
minutes [https://www.youtube.com/watch?v=
7uzynHWxn5Q](https://www.youtube.com/watch?v=7uzynHWxn5Q)
"From Prison to Faith" (J/I) 4 minutes
[https://www.youtube.com/watch?v=jn1IplsyB
po](https://www.youtube.com/watch?v=jn1IplsyBpo)

