

Wellbeing



HEAD

- Explore the African philosophy of Ubuntu through brief research and reflection. In small groups, investigate what Ubuntu means, who has spoken about it, and how it relates to our responsibility for the well-being of others.



HEART

- Students research a current issue (e.g., climate change, education inequality, clean water access in Zambia).
- What actions can individuals or communities take to live out the values of Ubuntu and support others?



HANDS

- Visit the Socktober website to learn about the Zambian campaign and sign up.
- Then, on your profile blog, reflect on what you've discovered about Ubuntu and what it teaches us about our responsibility for the well-being of others and why it matters.



“A little consideration, a little thought for others, makes all the difference.”
Winnie the Pooh



CATHOLIC SOCIAL TEACHING

- ✓ Preferential Option for the Poor
- ✓ Human Dignity
- ✓ Common Good

SCRIPTURE LINK

Proverbs 11:25

A generous person will be enriched, and one who gives water will get water.

INQUIRY QUESTION

What responsibilities do we have for the wellbeing of others, locally and globally?



READ...

Analyse the excerpt, focusing on how Mandela's experiences embody the principles of Ubuntu and personal wellbeing.

...and be inspired!

SCAN THE QR CODE



WATCH...

Watch UNICEF Zambia IMAGINE Documentary and reflect on the challenges faced by Zambian youth, connecting their experiences to the principles of Ubuntu.

...and be moved!

SCAN THE QR CODE



LISTEN...

Listen and discuss how Ubuntu emphasizes interconnectedness and its relevance to contemporary societal issues.

...and reflect!

SCAN THE QR CODE

