



MISSION PACKS



Mission Pack 2: Wellbeing

Primary

Inquiry Question:

What are the benefits of bringing mindfulness into the classroom/work-place/home?

Scripture Link:

Psalm 28:7:

The Lord is my strength and my shield; my heart trusts in Him, and I am helped; therefore my heart exults, and with my song I shall thank Him.

Catholic Social Teaching

- Human Dignity
- Participation and Subsidiarity
- Preferential Option for the Poor
- Common Good



- Write a positive version of the poem 'Four O'Clock Friday' about a week in your life.

- Are "wellbeing" and "happiness" the same? Why/why not? How would this apply to a child in Australia and in Ethiopia?

- Visit the website www.headspace.org.au



- Find a new activity you could include in your daily routine to boost your mental wellbeing.

- Make a list of 5 things you are good at (e.g. drawing, soccer, singing).
- Identify the happiest country in the world in 2022. What makes a country "happy"? Where is Australia in this list? Where is Ethiopia?



- Keep a daily diary for a week of what you eat for breakfast, lunch, and dinner – how different do you think that would be for a child in Ethiopia?

- Aim to practise your soccer skills for 30 minutes each day for a week. How does it improve your wellbeing?
- Plan to cook a traditional Ethiopian meal with your family.



READ...

- ✓ *I'm Calm* - Jaymeen Sanders
- ✓ *The Same But Different* - Molly Potter
- ✓ *My Magic Breath* - Nick Ortner

...and be inspired!



WATCH...

- ✓ The trailer for 'Inside Out'
- ✓ 'What's on Your Plate?' (2009, Directed by Catherine Gund)
- ✓ 'World Population Explosion 1996' - Behind the News (2021, ABC)

...and be moved!



LISTEN...

- ✓ 'Happy' – Pharrell Williams
- ✓ 'Can't Stop the Feeling' – Justin Timberlake
- ✓ 'Dynamite' - BTS

...and reflect!



Access additional links, activities, and resources for primary students by scanning the QR code!

