

Wellbeing



HEAD

- Use a journal to think about what makes you feel hopeful and who or what helps you feel strong. Each week, write or draw about your feelings of hope. This can help you feel better and take care of your wellbeing.
- Create a collage showing your daily life and the life of children in Zambia. Learn about what they eat, how they play, and their family life. Then, have a class discussion about what everyone needs to feel healthy and happy, and what we share in common with others around the world.



HEART

- Create a 'Wellbeing Mission Shield' that shows how taking care of yourself leads to positive outcomes. Show the things you do to stay well and the actions or behaviours those healthy choices help you achieve.
- Read 'Have you filled your bucket today?' by Carol McCloud. Discuss how doing good fills your own and others' "buckets" why kindness matters.



HANDS

- Write or draw one thing you're thankful for, then one thing you hope others around the world have too (e.g., clean water, shelter, etc). Link them in a paper garland and hang it up.
- Create a classroom montage video starting with the prompt, "I wish all people around the world could have..." in preparation to show at a school assembly for Socktober.

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

SCRIPTURE LINK

Proverbs 11:25

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

INQUIRY QUESTION

Why is it important to care about others are feeling, in our homes,
locally and overseas?

CATHOLIC SOCIAL TEACHING

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



READ...

Read "Have You Filled a Bucket Today?" by Carol McCloud and make a class kindness chain by writing kind actions on paper strips and linking them together.

...and be inspired!

SCAN THE QR CODE



WATCH...

Let's explore the 2022 Living Conditions in Zambia through the LCMS and choose one challenge children in Zambia face and draw or write a simple idea for how people can help.

...and be moved!

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LISTEN...

Listen to 'Try Everything' by Shakira and reflect on how trying new things and bouncing back helps you feel strong.

...and reflect!

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