



MISSION PACKS



Mission Pack 2: Wellbeing Secondary

Inquiry Question:

What are the benefits of bringing mindfulness into the classroom/workplace/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



- Identify common sources of stress in the categories of life event, home, future, school, friends and sport. What are some ways to alleviate these stresses?
- 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.
- Complete a planning map, using SMART goals, for one small way you could change your world this year.
- Identify the happiest country in the world in 2022. What makes a country "happy"? Where is Australia in this list? Where is Ethiopia?



- Come up with an advertisement for a fruit or vegetable of your choice. How would you promote its benefits?
- 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...

- ✓ *Why Has Nobody Told Me This Before?* – Dr Julie Smith
- ✓ 'How teenagers can protect their mental health during COVID-19' – (2020, UNICEF)
- ✓ 'Understanding food insecurity in Australia' (2020, AIFS)

...and be inspired!



WATCH...

- ✓ 'Ethiopia Tigray Conflict & Famine Explained' - Behind the News (2021, ABC)
- ✓ 'Understanding Your Feelings' - Behind the News (2015, ABC)
- ✓ 'What Makes a Good Life? Lessons from the longest study on happiness' (Robert Walinger, TEDxBeaconStreet 2015)

...and be moved!



LISTEN...

- ✓ 'Dynamite' - BTS
- ✓ 'The Middle' – Jimmy Eat World
- ✓ 'Thinking Nutrition' podcast (Dr Tim Crewe)

...and reflect!



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

