

Wellbeing



“Health cannot be a luxury for the few...”
Pope Leo XIV

SCRIPTURE LINK

John 10:10

“I have come that they may have life and have it abundantly.”

CATHOLIC SOCIAL TEACHING

- ✓ Human Dignity
- ✓ Common Good
- ✓ Solidarity
- ✓ Participation

INQUIRY QUESTION

What helps our hearts, minds and spirits feel healthy and strong?
How can we create spaces where people feel safe, calm and valued?



HEAD

- Think about places where you feel peaceful, safe and happy. What makes those places feel special?
- Who helps you feel calm and cared for?
- Why is wellbeing important for learning and growing?
- Draw or label: “What helps a child flourish?”



HEART

- In Malawi, many children rely on their school community not only for learning, but also for friendship, encouragement and hope.
- Reflect:
- Who are the people who help you when you are struggling?
 - How does it feel when someone listens to you?
 - Why is kindness important for wellbeing?
- Write a short prayer asking God to help children around the world feel safe, supported and loved.



READ...

Read the Catholic Social Teaching circle infographic on this page.

Choose one Catholic Social teaching and explain how it helps people feel loved.

SCAN THE QR CODE



WATCH...

Watch the short video on Catholic Social Teaching.

Reflect:

- What part of the video did you like most?
- How can we help people feel included?
- How can we show kindness to others?
- What helps make our school happy and safe?
- What is one kind thing you can do this week?

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LISTEN...

Listen to the ‘You’ve got a friend in me’ video.

Reflect:

- What makes a good friend?
- How can friendship help someone feel safe and included?
- What can we do to help others feel they belong?

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HANDS

- Create a “Wellbeing Tree” in your classroom.
- Each student adds:
- one thing that helps their wellbeing
 - one way they can support another person’s wellbeing
- OR
- Create “Hope Cards” with encouraging messages for someone who may need support.

