



## HEAD

- Create a 'Mindfulness Pin Wheel'. What would be the key words you would add?
- What does the word "wellbeing" mean to you? Write 3 interview questions you could ask your family, friends, and teachers to explain their understanding of this term.
- Identify the different items that children in Timor-Leste will use as a soccer ball. What does this say about the importance of sport for wellbeing?



"The simplest and most practical lesson I know is to resolve to be good today but be better tomorrow."  
– Catherine McAuley

## CATHOLIC SOCIAL TEACHING

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

## Scripture Link:

Galatians 5:22 – 23

"By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things."

## Inquiry Question:

"We are all different. We are all the same." What does this mean?



## HEART

- Unpack the Scripture verse. What is it saying?
- Meditate and listen to your breathing as part of a mindfulness activity.
- Plan a story time with younger students, using the book We All Sing With The Same Voice.



## READ...

- ✓ 'Daniel's Dreams: Monster Mountain' by Jeanie Brown. Discuss some of the fears and worries you may have with your family.

...and be inspired!



## WATCH...

- ✓ 'Wellbeing for Children: Healthy Habits' with your class/family. What important messages can you draw? How will you share these with your peers?

...and be moved!



## LISTEN TO...

- ✓ 'Happy' by Pharell Williams. What makes you happy? Record in your journal.

...and reflect!



## HANDS

- Make a glitter jar to see how your mind works when experiencing difficult emotions and how to calm down during difficult times. When the glitter jar is unshaken, the glitter is settled peacefully at the bottom of the jar.
- Create posters/images for the classroom linked to the Healthy Habits clip (see: Watch). Share these messages with the school community.
- What is an "emotional toolbox"? Find out and design one to help you cope with any difficult situations.



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



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