



"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:**  
How do I manage transitions and challenges?



HEAD

- Read the lyrics from Be God's by Danielle Rose. You've been asked to write another verse; what would you add?
- Identify a high-profile "Wellbeing Champion" and create a profile piece that reflects how they include wellbeing in their life.
- Who are the Wellbeing Champions in your school? Interview them about the ways they include wellbeing in their everyday life.



HEART

- Unpack the Scripture verse. What is it saying?
- Find a guided meditation to improve your daily wellbeing, e.g., Lectio Divina, The Examen.
- Wellbeing is the state of feeling healthy and happy. What is the connection between these two feelings?



READ...

- ✓ My Two Blankets by Irene Kobald. If you moved to a new environment, how did/would you feel?

...and be inspired!



WATCH...

- ✓ The sunrise. Set your alarm and wake up with the sun. Draw/Journal what you've witnessed and explain what does it mean to join.

...and be moved!



LISTEN TO...

- ✓ 'Learn to Fly' by Shannon Noll - what messages can you take from the words to this song? What does it mean to 'learn to fly'?

...and reflect!



HANDS

- Make your own wellbeing/mindfulness playlist. Invite your friends to do the same.
- Create a Weekly Wellbeing Routine. Journal about it - does this impact positively on your life?
- Press Rewind: Reflect on your day. Where was Jesus in your life today? Record in your journal.



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



Scan Me