

Wellbeing



"The key to having a healthy life is heaving a healthy mind."
Richard Davidson

CATHOLIC SOCIAL TEACHING

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

SCRIPTURE LINK

3 John 2

Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.

INQUIRY QUESTION

How might good health and wellness solutions look different around the world? How might they look the same?



READ...

Read 'My Two Blankets' by Irene Kobald. How would you feel if you moved to a new environment?

...and be inspired!



SCAN HERE



WATCH...

Watch 'Wellbeing for Children - Healthy Habits' with your class or family. What important messages can you draw from this video? How will you share these with your peers?

...and be moved!



SCAN HERE



LISTEN...

Listen to 'Counting My Blessings' by Seph Schlueter. What are the blessings in your life? How do you treasure these? Thank God for these blessings.

...and reflect!



SCAN HERE



HEAD

- Count the number of meals you have in a day. Compare this number to a majority world country. How would a lack of frequent meals and nutritious foods affect your life?
- What are some positive ways that you can manage the emotions from the *Inside Out* movie trailer? Who would you ask for help to manage these emotions?



HEART

- Plan a 'Random Act of Kindness' week with your peers. Reflect on the outcomes from this week with your peers.
- Watch the trailer for the movie *Inside Out*. List the kinds of emotions you observe and create symbols to represent these. Compare them with your peers reflections.



HANDS

- Create posters or visuals to place around your school that highlight the positive impact of sports on our lives.
- What does the word 'wellbeing' mean to you? Write three interview questions you could ask your family, friends, and teachers to explain their understanding of this term.
- Watch the video 'How to Make a Sockball', and make your own in preparation for your school's event day.

SCAN THE QR CODE

