

Wellbeing



"Health cannot be a luxury for the few..."
Pope Leo XIV, March 2026.

SCRIPTURE LINK

John 10:10

"I have come that they may have life and have it abundantly."

INQUIRY QUESTION

What does it mean to truly flourish as a person and a community?
How can we protect wellbeing in a busy, disconnected world?

CATHOLIC SOCIAL TEACHING

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



HEAD

- Education can change a community for generations.
Research:
 - Why is access to education important?
 - What challenges stop children around the world from attending school?
 - How can schools create dignity and hope?
- Reflect on why Catholic Mission invests in long-term community development rather than short-term solutions.



HEART

- Read Pope Leo's reflection on healthcare injustice.
- Reflective Activity: "Who is My Neighbour – the Empty Chair Experience"



HANDS

- Create a "Wellbeing Experience" for your school community.
This could include:
 - a quiet reflection space
 - gratitude walls
 - mindful lunchtime activities
 - music and art installations
 - connection circles
 - a kindness campaign
 - phone-free wellbeing initiatives
 - affirmation stations
 - nature-based wellbeing spaces

Your goal: Create something that helps people slow down, breathe, reconnect and belong.



READ...

Reflect & Discuss:

- What does the phrase "one heart unites us" mean to you?
- Why do you think belonging is important for our wellbeing?
- Have you ever experienced a moment where music, kindness or community made you feel connected?

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WATCH...

Reflect & Discuss:

- How can showing mercy to others improve their wellbeing?
- Where in society do you see this happening?
- When can we do it more?

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LISTEN...

Reflect & Discuss:

- Which lyrics stand out to you most? Why?
- In what ways could the message reflect the way Jesus walks with and comforts us in our own struggles?
- How can we become a source of light, hope or encouragement for others in our community?

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