



# Catholic Education Week 2014

*Serving in the Love of Christ*

Mental Health Activities

Prepared for use in Renfrew County Catholic Schools

*Catholic Education Week highlights some of the ways we strive to help our students find the abundant life that Jesus brings. This year, the daily Catholic Education Week themes lend themselves also to mental health and safe schools promotion. These additional materials have been created to highlight ways to promote mental health and safe schools in our Catholic Education system.*

*"I came that they may have life and have it abundantly" Jn 10:10*

Please feel free to use these materials to augment any of the resources being covered during Catholic Education Week.

The material in the pages that follow is largely based on the EOCCC's new Mental Health and Wellness Curriculum, which can be found at [http://www.eoccc.org/content/pdf/Mental\\_Health&Wellness-Gr2,5&7-Nov2013\\_final.pdf](http://www.eoccc.org/content/pdf/Mental_Health&Wellness-Gr2,5&7-Nov2013_final.pdf)

Rebecca Paulsen  
Rev. Ryan Holly  
Tony Cosentino

## *Mental Health Curriculum*



Many activities and prayers in this booklet were adapted from the EOCCC's Mental Health and Wellness Curriculum for grades 2, 5 and 7, *Mental Health and Wellness for Catholic Schools*.

A special *thanks* goes out to our RCCDSB writers for creating the material and allowing it to be adapted:

Lisa Landry-Prescott  
Anne Marie Landon  
Jane O'Gorman  
Ruth McNulty  
Clint Young (Project Lead).

Other information for this booklet was taken from the CCC's Gr. 9 and 10 Mental Health Curriculum, *Hope, Dignity and Our Compassionate Response*.

# Humility – Day 2 – Mental Health Resource

---

*Prayer and classroom exercise taken from and based on new **Mental Health Curriculum Grade 2***

Dear Jesus,

In our relationships with our family and friends,  
May we always think of others before we think of ourselves,  
May we follow you in the path of service by having compassion for those  
who have difficulties.

Bless us in our journey to become more like you in humility, service and  
compassion. We make this prayer in your name. Amen.

We all need support at different times in our lives. It is important for us to be  
humble enough to reach out for support when we need help.

With God at the centre of our circle of support, list the other people in your  
life that you could turn to for support. The inner circle supports are closest to  
you (such as parents, grandparents, siblings) and the outer rings are for  
acquaintances and external supports (such as your doctor, pastor, school  
counsellor, teacher, principal, etc.)

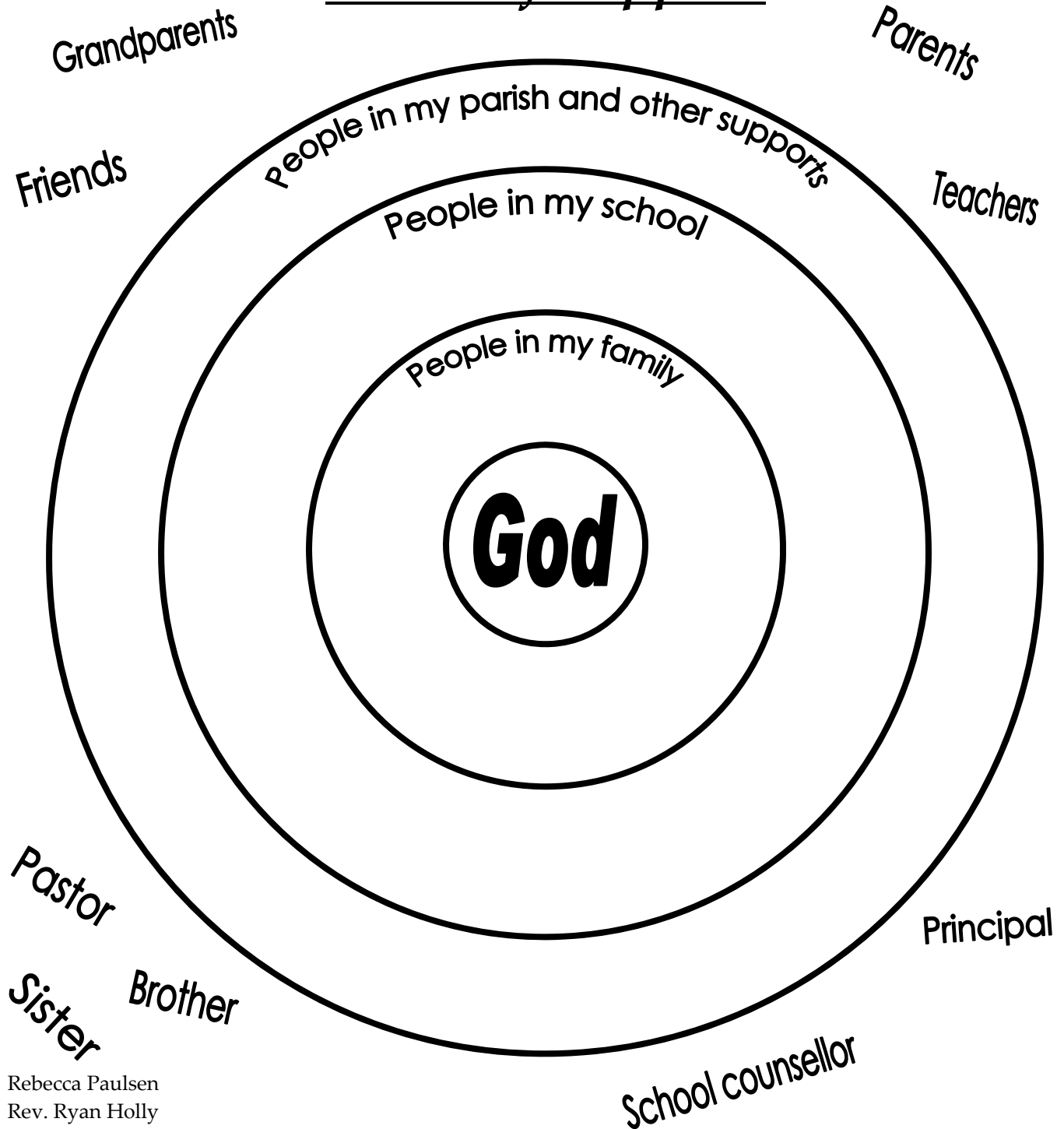
# Humility – Day 2 – Mental Health Resource

---

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Circle of Support



# Compassion – Day 3 – Mental Health Resource

---

The prayer and a component of the activity have been taken from the EOCCC's new Mental Health Curriculum for Grade 2 and the CCC's Mental Health Curriculum for Grade 9

Dear God,

Help us to learn from each other and make each other feel welcomed and loved in our school.

God of harmony and unity,

You want us all to work together for your kingdom.

May our ears hear for voice clearly,

May our eyes see your beauty in all,

May our understanding break down walls of fear and prejudice.

May we make our school a place of friendship,

A place of belonging,

A place of welcome.

Where everyone feels safe,

Where everyone has a place,

Where all are united in you, dear God.

We make this prayer in the name of Jesus, the Lord. Amen.

Adapted from: York District Catholic School Board, Prayers for Children 2005-2006,  
Daily Prayers and Reflections for Catholic Schools, by Susan LaRosa and Elizabeth Crowe.

Compassion and empathy are important components of mental wellness. Empathy building is important for the social-emotional growth of students. The more we can see the world from another person's perspective, or 'put ourselves in their shoes', the more we can empathize and show compassion.

Rebecca Paulsen  
Rev. Ryan Holly  
Tony Cosentino

# Compassion – Day 3 – Mental Health Resource

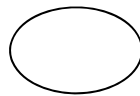
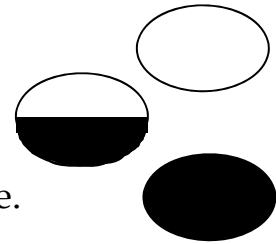
---

Read each statement related to compassion. Think about how you show compassion to others. Empathy building is helpful to support social-emotional growth.

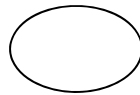
If the statement is not true about you – leave the circle blank.

If the statement is a little true – colour in the circle partway.

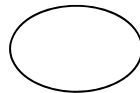
If the statement is very true about you – colour in all the circle.



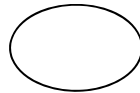
I show compassion to other people



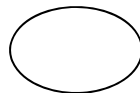
If my friend makes a mistake I can forgive them



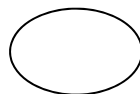
I try to 'look on the bright side'



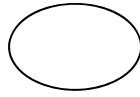
I help my neighbour



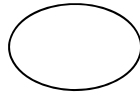
I care about my school



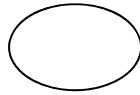
I tell the truth even when it's not easy



I try to help when I can



I try to 'walk in other people's shoes' and guess how they might be feeling



I forgive people

**Think about a time that you have hurt someone.**

---

**Think about a time someone has hurt your feelings**

---

**How easy is it to forgive that person?**

---

**What do you think about to help make it easier for you to forgive people and show compassion?**

---

# Social Justice – Day 4 – Mental Health Resource

---

## **The Serenity Prayer**

God, grant me the serenity to accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as a pathway to peace;  
Taking, as He did, this imperfect world as it is,  
Not as I would have it;  
Trusting that He will make all things right.  
Amen.

Adapted from Reinhold Niebuhr from the CCC Mental Health Curriculum for Grade 9.

Everyone can help to make the world a better place. Part of building resilience for students is helping them to believe that they have the power to change the world and help other people. When we do good things for others, we recognize ourselves as good people. Students can explore what people in the Catholic faith are doing for other people around the world right now. One amazing fact is that the Catholic Church is the largest institution supporting health care and education in the world.

# Social Justice – Day 4 – Mental Health Resource

---

Use the following websites as suggestions to go to with your class to learn how people of good will within and outside the Catholic faith community are reaching out to those in need locally and throughout the world.

Holy Childhood Association ([www.missionsocieties.ca](http://www.missionsocieties.ca) and click on “mission projects”)

Chalice ([www.chalice.ca](http://www.chalice.ca))

CPAN (Child Poverty Action Network) ([www.renfrewcountycpan.ca](http://www.renfrewcountycpan.ca))

Food Bank ([www.stjosephsfoodbank.ca](http://www.stjosephsfoodbank.ca))

Ryan’s Wells ([www.ryanswell.ca](http://www.ryanswell.ca))

Acceso Internal (<http://www.accesointernational.ca/english/origin.html>)

Caritas Internationalis (<http://www.caritas.org/>)

Shepherds of Good Hope, Ottawa (<http://www.shepherdsofgoodhope.com/>)

RCCDSB Website: (<http://rccdsb.edu.on.ca>)

1. Find out what our Catholic Schools are doing to reach out to the community
- 
- 

2. What are the ways that the Catholic Church is reaching out to support people in our community?
- 
- 

3. What are the ways that the Catholic Church is reaching out to support people in the world? Name some Catholic organizations making a difference in the world today.
- 
-



## Joy – Day 5 – Mental Health Resource

---

*Saint Philip Neri* was a priest in the 16th century Rome, known for his joy and good sense of humour. As a young man, he was drawn to a love of prayer and reflection, but also knew that saints are called to be people of joy. Known for being a jokester whose laughter was contagious, Philip saw cheerfulness as way to help one persevere in being good. Saint Philip teaches us that despite the trials that everyone faces in this world, joy helps us to not take ourselves so seriously all of the time.

---

---

What kinds of things can I do to bring joy into my life and into others' lives every day?

# Joy – Day 5 – Mental Health Resource

---

Joy is important in mental health and wellbeing. What do you do in your daily life that gives you joy? List the activities you do below.

What could you do for your mind, body and soul that is joyful?

<b>Mind</b>	<b>Body</b>	<b>Soul</b>

### Possible Answers:

Praying

Singing

Play a sport

Poetry

Baking

Journal writing

Running

Telling jokes

Playing guitar

Playing outside

Family time

Helping people

Seeing family

Biking

Hiking

Imaginary games

Forgive others

Laugh

Think positive

Give a gift