BHNCDSB Catholic Education and Mental Health Week 2023
Daily Announcement, Prayer and Faith and Wellness Activities
"We are Many, We are One"
"We, who are many, are one body in Christ, and individually we are members, one of another." (Romans 12:5)
2023 Hashtags: #bhnManyAreOne #CEW2023 #GetLoudBHN #BHNWellness #SelfCare #MyStory
Tuesday, May 2, 2023 "When we Listen"

Announcement and Prayer for Tuesday	SMHO Faith and Wellness Activity
Announcement: Today's subtheme focuses on "When we listen." If there has ever been a time when listening was required, it is now. The overall theme of Catholic Education Week focuses us on We are many, We are one. Listening is a wonderful starting place to engage the theme. There are many divergent voices, many opinions, many ideas. Deep listening can bring us together as one. **Prayer:** Let us pray: In the name of the Father, and of the Son and of the Holy Spirit. Amen. God of mercy and compassion, Help us to discern how to change the world by listening deeply to those around us, to the truth as we experience it and to you. We know you walk with us and listen to us with every breath we take. By our listening, may today's world be attentive to what is truly important. Amen.+	Photo credit: SMHO [Purposeful Listening](#) - all grades Active listening enhances empathy and acceptance of differences. Students who listen well are more attuned to the needs and perspectives of others, which can help with social relationships. **Learning Goal:** To teach students to actively listen to each other, which helps them feel valued and understood **Adaptations:** Students can use an active listening strategy chart: An "exit pass" is used at the end of the activity **Active Listening Strategies** / **Looks like** Mirroring emotions Paraphrasing Asking clarifying questions Summarizing Using non-verbal responses/gestures Attending/focussing **Exit Pass:** One active listening strategy that I use well: One active listening strategy that I will work on: I can practice this strategy in these situations: