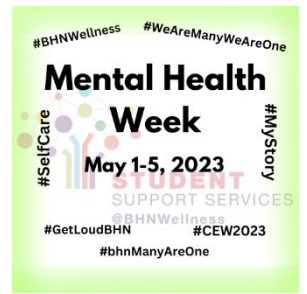


BHNCDSB Catholic Education and Mental Health Week 2023  
 Daily Announcement, Prayer and Faith and Wellness Activities



**“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**

**Monday, May 1, 2023 “When we See”**

Announcement and Prayer for Monday

SMHO Faith and Wellness Activity

**Announcement:** The first sub-theme for Catholic Education Week is “When we see.” God calls us to be united and for all God’s people to be one. In all our uniqueness, we are one as created in love by God. We come to greater unity when we see and embrace our differences and all that makes us unique.

**Prayer:**

Let us pray: In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Loving God,  
 You brought sight to the blind man and you live in our hearts to bring sight to us.  
 Empower us to open our eyes and truly see all of your children,  
 to love as you love us and to appreciate that though we are many, we are one in your love.  
 We make this prayer in the name of Jesus.  
 Amen.+

[Pay it forward](#) - all grades

Acts of kindness help students engage in more compassionate ways with each other and appreciate the value of helping others. Through acts of kindness, students can build more positive relationships with their classmates.

**Learning Goal:** To help students build empathy and compassion by noticing good qualities in others and reinforcing that kindness so their peers feel valued.

**Supplementary Resources:** Further the learning with book by Carol McCloud et al. or Tom Rath and Mary Reckmeyer.

**Adaptations:**

- Students can make ‘buckets’ and notes are dropped into the buckets.
- Create a “pay it forward” bulletin board where students can post thank you notes when someone does a kind deed for them, or when they witness another student performing a random act of kindness.
- For older students: Ask students to reflect on a vision of the world if everyone worked to “pay it forward” whenever they could. This could be done as a journal writing activity.

To extend the practice, ask students: “How did it feel to give positive comments? How did it feel to receive comments?”