



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**

**Thursday, May 4, 2023 “When we Learn”**

**Announcement and Prayer for Thursday**

**SMHO Faith and Wellness Activity**

**Announcement:** Today’s Catholic Education Week sub-theme is “When we Learn.” We are called to learn and contemplate the meaningful and valuable contributions of Indigenous Peoples. Embracing our Catholic Social Teaching, we learn and reflect on the journey towards truth, healing and reconciliation.

**Prayer:**

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

All powerful God,  
 You are present in the whole universe and in the smallest of Your Creatures.  
 You embrace with Your tenderness all that exists.  
 Pour out upon us the power of Your love, that we may protect life and beauty.  
 Fill us with peace, that we may live as brothers and sisters, harming no one.

O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in Your eyes.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction.

Touch the hearts of those who look only for gain at the expense of the poor and the earth.

Teach us to discover the worth of each living thing, to be filled with awe and contemplation to recognize that we are profoundly united with every creature as we journey towards Your infinite light.

We thank you for being with us each day.

[What’s my Temperature?](#) - all grades

Gauging the intensity of emotions and energy levels supports the development of self-regulation. Assessing class-level emotions can help you take the emotional temperature of your classroom and introduce ways to shift the tone to help all students re-focus.



**Learning Goal:** To teach students to take their emotional temperature, so they learn to recognize and regulate their emotions

**Supplementary Resources:** [Social-emotional learning supports mental health through life \(smho-smsso.ca\)](https://www.smho-smsso.ca)

**Adaptations:**

- Students can also learn to express their feelings using emojis.
- Increase emotional vocabulary by introducing or reviewing a variety of ways to describe different levels of a particular emotion (e.g., annoyed, frustrated, irate, livid, furious, and outraged, etc. are different levels of anger).
- This can also be done with emojis for older students. Emojis can be used as an “exit ticket” from the lesson, or at the end of the day to check in with students about their feelings.
- For younger students: Each child can be given a mini popsicle stick with their name on it, and emojis can be put on a “pocket chart”. Students take turns putting their stick in front of the face that corresponds to how they feel, using a complete sentence (e.g., “I feel happy because...” or “I feel sad because...”).

Encourage us, we pray, in our struggle for justice, love and peace.  
Amen.+

Help students connect emotions to something they can see, hear, or feel. Use a Looks Like/Sounds Like/Feels Like chart to explore the manifestations of a particular emotion, and to help students sense the subtle differences between their moods.