



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**

**Wednesday, May 3, 2023 “When we Reflect”**

**Announcement and Prayer for Wednesday**

**SMHO Faith and Wellness Activity**

**Announcement:** Today’s Catholic Education Week sub-theme is “When we Reflect.” As we are called to reflect, let us be mindful of the words of Pope Francis:

“A love capable of transcending borders is the basis of what in every city and country can be called ‘social friendship.’ Genuine social friendship within a society makes true universal openness possible” (Fratelli Tutti, No. 99).

**Prayer:**

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

God of love and infinite wisdom,  
 Instill in us the courage through reflection to learn, unlearn, and re-learn to seek the truth and guide us into action.  
 Give us the ability to listen deeply to every voice, not just the loudest but those voices that are not always heard.  
 Please provide us with empathy and foresight as servant leaders to affirm, support, and empower one another,  
 as we embrace your wisdom to strive toward reconciliation through the power of reflection.  
 Let us unite as one body in Christ.  
 Amen.+

[Visualization and Body Scan](#) - all grades

Guided imagery provides an opportunity to shift our focus away from worries. It can help students to relax as they visualize an image that promotes feelings of calm.

**Learning Goal:** To help students learn to soothe their body and mind and regulate emotions during times of stress.

**Supplementary Resources:**

SMHO [Simple Visualization Exercise for Student](#)

**Adaptations:**

- Some students may not be comfortable with this practice.
- For primary students, the script may need to be simplified.
- When beginning, instructions for students must be explicit (e.g., clench/tense and relax body parts or breathe into the tension).
- The sequence of relaxation can start at their feet and travel up to their head.

This practice could start more generally and then grow to be more specific.

