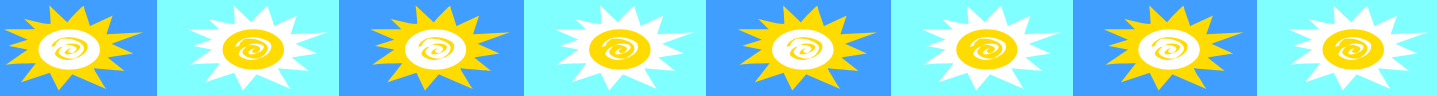


Children's Mental Health Week



Nurturing Healthy Minds: Faith and Spiritual Wellbeing

Did you know?

Having faith in God, connecting with your parish community, and practicing spiritual wellness can promote mental well-being. Religious education can support youth in developing prosocial morals, making sound decisions, and coping with life stressors.¹ Developing a strong faith can foster positive life satisfaction, a sense of purpose, and social connectedness.² Religious commitment has been linked with a decreased risk of developing mental health symptoms as well as decreased substance use and risky behaviours.^{1,2}



LET'S GET ACTIVE!

Fruit of the Spirit Rock Painting (All ages)

Paint the nine attributes of living according to the Holy Spirit (Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control) on rocks and decorate them. If you don't have rocks, you can use paper, leaves, sticks, etc. Discuss the Fruit of the Spirit with your children. Here are some prompts that may help facilitate discussion:

- Tell me about a time when you demonstrated *Faithfulness*.
- What actions could we take to bring *Joy* into our lives?
- Tell me about a time when it was really hard for you to practice *Patience*. Do you have any advice that might help others to be more *Patient*?
- Who is someone you admire for being *Kind*?
- What are some examples of *Self-Control*?

When you are finished with this activity, you can place the rocks in your garden, use them to decorate your room, or save them to give away as Christmas presents.

Be Grateful (All ages)

Gratitude has positive implications for mental health.⁶ Regular thoughts and feelings of gratitude or thankfulness are linked with better moods, emotional functioning, and social relationships. People who are grateful are often less angry, depressed, anxious and emotional vulnerable. Practicing gratitude helps people cope with and recover from the negative effects of stress and trauma.

Ideas: Discuss what you're grateful for at dinner every evening, create a gratitude scrapbook or keep a gratitude journal. Older youth can make/keep their own journal, while younger youth may benefit from prompts, such as these available for free from Research Parent: <https://researchparent.com/gratitude-journal-for-kids/>.⁷

Feeling Stressed or Anxious? Try This!

Prayer

Take a few moments to think about your worry or situation. Brainstorm strategies that you could use to make things better and use these strategies when possible. If you feel stuck, feel like the situation is out of your control or feel like you could use support, take a minute or two and pray to God for support and guidance.

Optional: If you'd like, get your creative instincts flowing and create a prayer jar,⁴ box or container. Be sure to create a pouch or space nearby to keep some small pieces of paper and a pen or pencil. You can keep your prayers here and know that they are in God's hands.



Children's Mental Health Week



Gratitude Thought of the Day

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And in the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus." - Phillipians 4:6-7

Captivating Connections

Become a member of the GSPS
(Good Samaritan Police Squad)!



Catch people making this world a better place. Whenever you notice someone being kind, doing something to protect the environment, or showing compassion to another person, write them a GSPS ticket to demonstrate that you acknowledge and appreciate their actions. You can make your own or use the ones at the end of this package.⁸

**In times of social distancing, please consider giving your Tickets by mail, e-mail or over a video chat platform as necessary.*

The Healing Power of Music

9

Make a list of songs that make you feel good. Coordinate a family sing along, have children prepare a musical, just listen as you go about your day, or create original music/lyrics of your own.



Catholic Education Week 2020 song "Hope"¹⁰

The City Harmonic - Spark¹¹

Go Make a Difference¹²

We Are Called¹³

Christ, Be Our Light Song and Lyrics¹⁴

The Butterfly Song¹⁵

Celebrate Catholic Education Week¹⁶

Igniting Hope: May 3 – May 8

"Hope within us refers to our ability to look inside ourselves for strength and peace. It reminds us to trust God and ourselves in difficult situations.

Hope within us reminds us that we can handle whatever situation we may be facing because God is always with us.

Hope within us brings confidence and courage. Hope within us helps us to feel less worried and alone."

Spirit of Jesus,
Bring calm to my mind,
peace to my heart and
silence to my soul.
In the silence may I hear
your voice.
In the peace may I see
your face.
And in the calm may I
know your love for me.
Amen. +

Looking for More Ideas?

[Catholic Kids](#)

[YCDSB Religion Program for Families](#)

[Children's Liturgy](#)

[Kids' Liturgy](#)

[Parish Liturgy-of-the-Word-Ideas-for-Children](#)

[Meditation with Children](#)

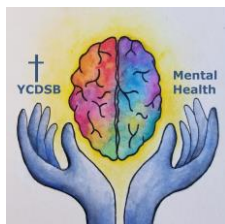
[May 2020 Elementary Prayers for Children](#)

[Archdiocese of Toronto](#)

[Parishes of York Region](#)

[Catholic Community Services](#)

This Mental Health Week Activity Package is brought to you by:



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- ⁹ Geralt. Child holding Cross [Photo]. Pixabay. <https://pixabay.com/illustrations/religion-faith-cross-bokeh-child-3452576/>
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- ¹¹ The City Harmonic. *Spark – Lyric Video* [Video File]. https://www.youtube.com/watch?v=hVzrCGM_ill
- ¹² Angrisano, S. and Tomaszek, T. *Go Make a Difference* [Lyric Video]. <https://www.youtube.com/watch?v=WDjQEoltGzQ>

¹³ Haas, D. *We Are Called* [Video File]. <https://www.youtube.com/watch?v=CDIjPsRlryo>

¹⁴ Farrell, B. *Christ Be Our Light* [Video File]. <https://www.youtube.com/watch?v=8FUPItZ5Xs>

¹⁵ Piapena. *The Butterfly Song* [Video File]. https://www.youtube.com/watch?v=imO2NiKo_AQ

¹⁶ Ontario Catholic School Trustees' Association. (2020). *Catholic Education Week*.
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¹⁷ GPSP Badge modified from: ArtsyBee. Badge Silver Metallic [Photo]. Pixabay.
<https://pixabay.com/illustrations/badge-silver-metallic-framed-icon-1139384/>



You've Been Caught in the Act!

We, the Good Samaritan Police Squad, witnessed you committing the following Good Samaritan Act:

Please accept this ticket as a gesture of our acknowledgement and appreciation for the kindness that you have exhibited.



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