BHNCDSB Catholic Education and Mental Health Week 2021
Daily Prayer Experience and Link to SMHO Faith and Wellness Resource Activity
"Nurturing Hope – Together We Can"
"Those who hope in the LORD will renew their strength." (Isaiah 40:31)
2021 Hashtags: #bhnHope #CEW2021 #NurturingHope #GetLoudBHN #TogetherWeCan

Thursday, May 6, 2021 "Harvesting New Fruit"

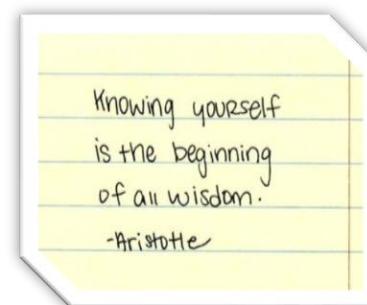| Daily Prayer Experience Nature Divina	Faith and Wellness Activity **Show and Share**
  Nature Divina – An Experience of Lectio Divina in Nature Deepen your connection with God by experiencing the grandeur of nature. ***Intention*** To experience the magnificence of nature, God in nature, and ourselves as nature. ***The Exercise –*** Spend 30 minutes in nature, in silence. Pay attention to what is in front of you! Click here for further instructions to this meaningful practice.	 **Show and Share – Assists students in identifying important aspects of themselves, sharing pieces of their identity with classmates, and understanding the value of diversity** **Self-Awareness and Sense of Identity skills** help students see how they matter and can contribute to the world around them. **Suggested adaptations/modifications**: Adapt as needed **Suitable for Primary, Junior and Intermediate Divisions** For additional activities visit SMHO Faith and Wellness *Faith and Wellness is a Daily Mental Health Resource offering, everyday mental health practices to enhance students' social and emotional skills. Practices are rooted in the Catholic Faith and align with the Ontario curriculum, Ontario Catholic School Graduation Expectations (OCSGE), learning skills and Kindergarten four frames and was produced by School Mental Health Ontario and the Ontario English Catholic Teacher's Association (OECTA).* Visit the Brant Haldimand Norfolk Mental Health Week Calendar of Events for even more ways to celebrate Mental Health Week!