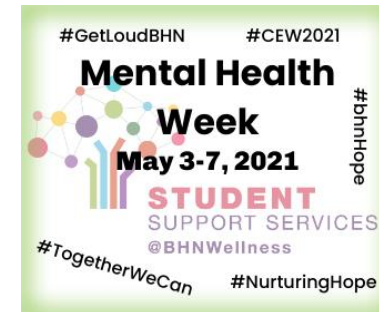


**BHNCDSB Catholic Education and Mental Health Week 2021**  
**Daily Prayer Experience and Link to SMHO Faith and Wellness Resource Activity**  
**“Nurturing Hope – Together We Can”**

*“Those who hope in the LORD will renew their strength.” (Isaiah 40:31)*

**2021 Hashtags: #bhnHope #CEW2021 #NurturingHope #GetLoudBHN #TogetherWeCan**



**Friday, May 7, 2021 “Marvelling in Wonder”**

**Daily Prayer Experience**  
**Guided Prayer**



**An Experience of Guided Prayer**

The Our Father, The Hail Mary, and the Glory Be, are three beautiful prayers found in our Catholic tradition. Praying these three prayers builds and strengthens our relationship with God, who loves us unconditionally. Using an experience of Guided Prayer to pray these prayers helps us to pray with intention and reflect on the meaning of each prayer.

[Click here](#) to participate in three minutes of this meaningful prayer practice.

**Faith and Wellness Activity**  
**Visualization and Body Scan**



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**Visualization and Body Scan – Helping students learn to soothe their body and mind, and regulate emotions during times of stress**

**Stress Management and Coping Skills** help students practise new, and bolster existing coping strategies.

**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!