

CHILDREN'S MENTAL HEALTH WEEK 2024

The first week in May is recognized as Children's Mental Health Week. Once again, this year we are aligning Children's Mental Health Week with Catholic Education Week, the theme this year is "WE ARE CALLED TO LOVE".

On Monday May 6th, 2024 the sub theme is "As people of Hope".

Hope allows people to look towards the future with a sense of optimism and positivity. When hope is present, it can make the most difficult challenges feel manageable. Hope helps children develop resilience, have higher self-esteem and to believe in themselves. Hope encourages them to take healthy risks in pursuit of their dreams.

Activity for Monday May 6th: Hope Clouds

Ask students to think about their own hopes and dreams for the future. Whether it be a short-term aspiration or a long-term hope/dream. As a class or small group, consider asking these questions:

- 1) What can you do to get closer to your hope/dream?
- 2) Is there someone that can help support you to accomplish this?

Now, encourage students to write down their hope/dream on their hope cloud, while encouraging creativity! Hope clouds can be posted on a wall for all to see as a reminder of the hopes and dreams we all have to look forward to!

