



**caritas**

diocese of hallam

promoting care and social action

**Day 2:**  
**Be Mindful &  
Prayerful**

Suggestions for Teachers in

**Secondary Schools**

Lent 2022





# An Introduction to Day 2: Be Mindful & Prayerful



We often talk about ‘saying our prayers’, and indeed, vocalising our needs, intercessions and petitions in prayer is certainly one important form of prayer. But the truth is, prayers do not have to be vocal... They do not even have to involve words at all. A prayer is simply the ‘the raising of one’s mind and heart to God’.

## **Get Mindful First, and then Get Prayerful:**

Times of prayer can be preceded by simple practices of calming and slowing ourselves down, paying attention to our breathing, closing our eyes, and generally being in the present and ready to Take Notice.

**On page 3, you will find some Mindfulness suggestions** which can be helpful for calming ourselves down and getting ready to Take Notice.

**On page 4, there are some suggestions around Christian Meditation** – a wonderful form of silent prayer that is about ‘a gaze of faith and ‘silent love’.

And in **the Good Shepherd Rosary Challenge on page 5**, where we present a prayer idea that involves both vocal and mental reflection as types of prayer, as well as inviting you to pray for the mental health of people in our communities.

Finally, please turn to **pages 6-8 for 3 further ideas to Take Notice and Be Creative** – our next two of our Six Ways to Mental Health.



# Practice Mindfulness:



Being a young person, especially a teenager, can be really stressful! Mindfulness is a powerful way to handle stress, and live life more fully.

Mindfulness is all about living fully in the present moment, without judgment, and with an attitude of kindness and curiosity. It's about breathing, noticing what's happening right here and now, sending a gentle smile to whatever you're experiencing in this moment (whether it's easy or difficult), and then letting it go.

You can be mindful anytime, anywhere, no matter what you're doing. It sounds simple, but it's not always easy to do, especially when you are stressed!

**You can find a 10-minute Mindfulness Meditation for beginners here:**

<https://youtu.be/U9YKY7fdwyg>

## **Short Mindfulness Activity – the Five Senses:**

Ask each young person to think of: 5 things you can see; 4 things you can touch; 3 things you can hear; 2 things you can smell; 1 thing you are grateful for today, or that brings you hope. This helps to calm the mind and bring us back into the moment around us.

**Please see the next page for some Christian Meditation / Mindfulness suggestions.**



# Christian Meditation

Children are natural contemplatives; if we encourage them to be still and open their hearts to the Divine love within them, they will have a gift to last the rest of their lives!

The World Community for Christian Meditation (WCCM) have produced a wonderful leaflet about how to introduce Christian Meditation to children; please find the pdf **WCCM Mediation with Children** for details.

**For a more detailed Educator's Guide** on how to lead Christian Meditation with Students, please follow this link:

<https://iceont.ca/wp-content/uploads/2019/03/Christian-Meditation-Educators-Guide-FINAL-March-2019.pdf>

**Not tried meditation with children in the classroom before?**

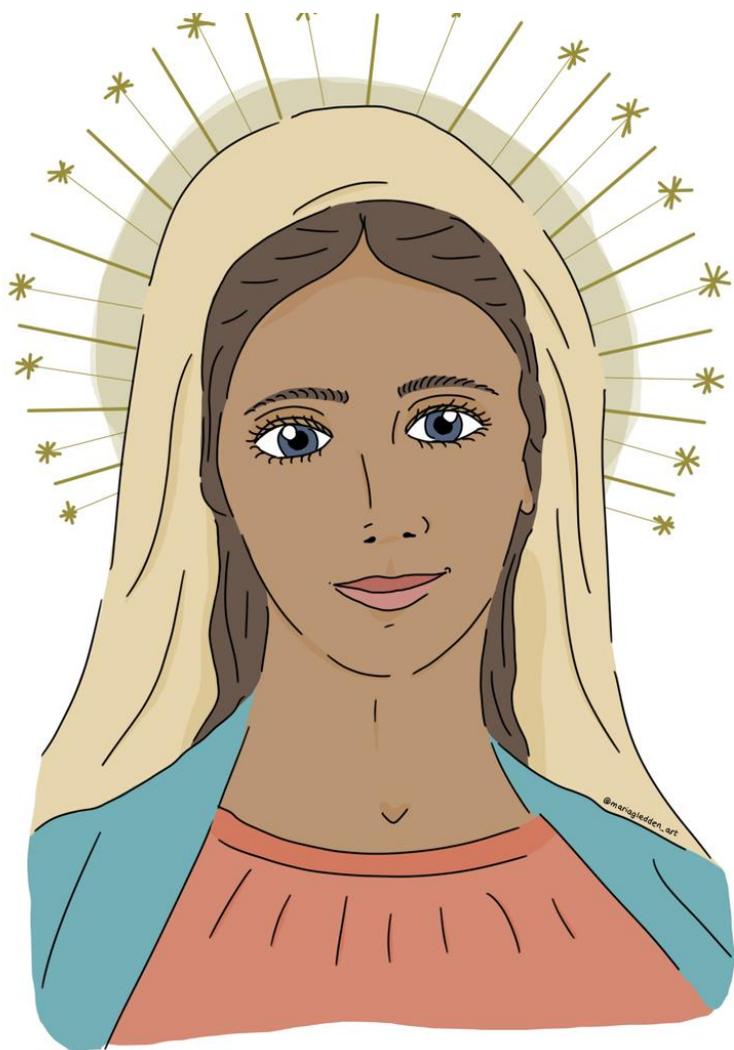
You may find this **3 min video** encouraging. It involves both primary and secondary aged pupils from a school in Canada:

<https://www.youtube.com/watch?v=wg8dladySCs>





# Good Shepherd Rosary Challenge!



In this Rosary Challenge, we suggest you take one of the Mysteries of Light – the Wedding Feast at Cana – as a scripture to base some reflection on. The challenge is to simply to:

- **Get ready** with the Apostles Creed, 1 Our Father , 1 Hail Mary and 1 Glory Be.
- **Read the Word of God** about the Wedding Feast at Cana (John 2:1-11)
- **Stop and reflect** for a few moments, before saying 1 Our Father
- **Hear and reflect on an insight** about the event, before reciting 1 Hail Mary.
- After 10 mini reflections (and 10 Hail Marys), **finish with a Glory Be.**
- Please see the separate document (Good Shepherd Rosary Challenge) for the full details.





# Good Mental Health: Six Ways to Well-Being



**Connect**

**Keep Learning**

**Be Creative**

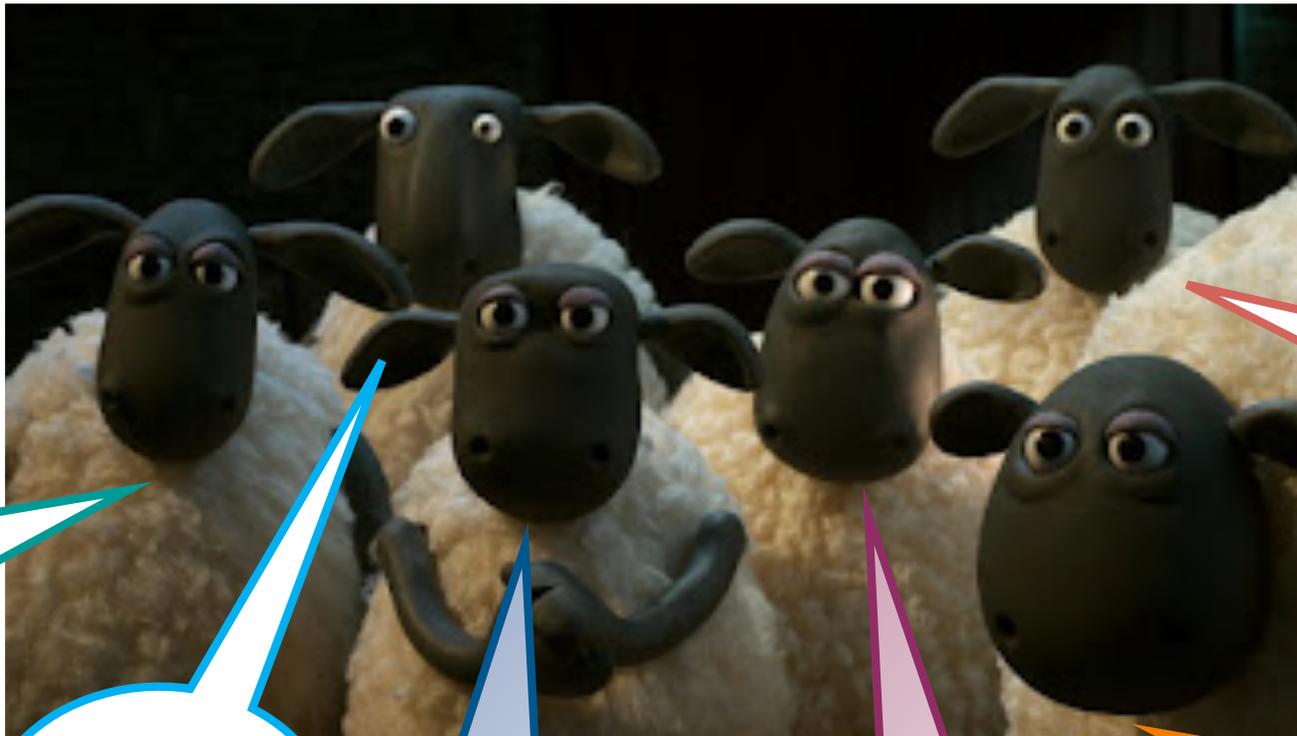
**Take Notice**

**Be Active**

**Give**



# Good Mental Health: Six Ways to Well-Being



Connect

Keep  
Learning

Be Creative

Take  
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Be Active

Give



# Take Notice & Be Creative



One way to support Good Mental Health is to **Take Notice** of the present, and the positive things in our lives. When we can **Be Creative**, we add some enjoyment in our daily lives. Here are some suggestions of how you can do both of these things with your class:

**Activity 1: Practice Gratitude!** Things may not be perfect in our lives, but there are always things to be grateful for. And there is now a large amount of research to suggest that giving thanks on a regular basis can actually improve your physical and mental health. Some of us need more practice at this than others... Perhaps your class could keep a gratitude journal during Lent? Or perhaps you can all get in the habit of sharing something positive at the start / end of each day? How about writing a thank you prayer to God?

**Activity 2: Engage with the **Good Shepherd Video Challenge**.** Engaging in artistic, music-related activities are a great way to help us to feel positive.

**Activity 3: Good Shepherd Art.** Plan for your class to get involved in a Good Shepherd artistic challenge. Is there a way each student's efforts could connect with others to produce the whole? Or could it be used to communicate an important message home?