

Monthly Wellbeing November



Faithfulness



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Faithfulness is about having complete trust in someone or something. Through having and showing faithfulness you feel more confident, happier and find it easier to follow through.

We need to provide children/youth with opportunities to be successful through faithfulness.

This could be starting small with a simple task and then building their way up. By starting small, we are allowing children/youth to show responsibility and build confidence through their faith in themselves, others and God. Showing and teaching children/youth to be faithful is leading them to have a better wellbeing both physically and mentally. We need to help them complete this through everyday routines:

- ◆ Home
- ◆ School
- ◆ Play
- ◆ Church
- ◆ Public Places

Encourage Faithfulness Through:

- ◆ Being kind to friends/family and others
- ◆ Completing school work
- ◆ Lending a helping hand
- ◆ Following through on commitments (ie: music, arts, sports, chores, plans, ect.)
- ◆ Being honest

When we engage in these practices, we are showing faithfulness to all aspects of life. A faithful person does what they say and finishes what they start.

Faithfulness Resources:

School Mental Health Ontario:

<https://smh-assist.ca/>

Faith & Health Connection

<https://www.faihandhealthconnection.org/>

Is There a God?

<https://www.is-there-a-god.info/>

Faithfulness Challenge:

Encourage children/youth to think of one thing each week (or bi-weekly) where they can practice/improve their faithfulness. This could be through prayer, self-responsibility, smiles, and kind words, helping a teacher, family member, or within your church. At the end of the week, have the children/youth reflect to see if they were able to improve/reach their goal. If they found it was too easy, push them to try something that would be more challenging to them.

Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages faithfulness practices!



Faithfulness is seen Everywhere!

For more information, contact Chris Preece at chris.preece@sccdsb.net