**THOUGHT FOR THE DAY**

**WEEK BEGINNING 21ST MAY 2018**

**WELLBEING TASK OF THE WEEK: TALK TO SOMEONE ABOUT SOMETHING THAT IS WORRYING YOU.**

**KEY TERMS FOR CONSIDERATION: MENTAL HEALTH; DEPRESSION; AWARENESS**

**PRAYER TO BE REPEATED EACH DAY: Lord, help me to understand when others need my help. Let me make time to listen. Amen.**

**Last week was Mental Health Awareness Week. In order to be effective learners we need to be in tune with both our physical health and our mental health.**

**Use the resource on the Homepage of Hwb to work through and discuss Mental Health.**

Log onto Hwb and it’s on that first page – under Mental Health Awareness Week. Click on it and it opens up the resource for form teachers to work through.