

# Monthly Wellbeing February



Well-being  
St. Clair Catholic District School Board



## Love



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario

### What is Love?

Giving and receiving love makes for a stronger wellbeing. Love is a universal way we speak to each other, through words, actions and prayer.

### Showing Love

Love can be expressed in numerous forms. It is important that we demonstrate what these ways can be, so that children/youth learn from a positive example.

- Using Manners
- Sharing
- Kind words/action
- Praying for each other
- Lending a helping hand
- Laughter
- Taking time to be together
- Take care of the environment

When we show ways of love like the examples above, we feel less stressed, have better sleeps, feel happier and healthier, and strengthen our spiritual health.

### Teaching Love

- ◆ When we hear the word love, we often think about our love for a person. Love, is not just about our love for people, love is also about the way we teach and the kindness we show.
- ◆ Teaching your children/youth to love themselves, so that they are then able to show kindness to themselves and others.
- ◆ Teaching your children/youth to love an activity; Whether this is through the arts, or movement. This will help children/youth to believe in themselves and show that they are independent and capable.
- ◆ Teaching our children/youth to find something they love in each day. This then creates a positive atmosphere for them to learn in and enjoy their time.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."

1 Corinthians 13:4-8

### Love Resources:

School Mental Health Ontario

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

Help Guide

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

My Mind

<https://mymind.org/>

### Activity: Share the ways you like to feel Love

Love is a feeling that each person feels and expresses in a different way. Ask your children/youth the different ways they liked to feel loved in all the different setting of their lives (classroom, home, playground and extracurricular). It is important for their sense of belonging that we are to match what they need from caring adults.

### Reminder!

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



# God is Love

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