

**21 Mini Missions for Lent 2021 Teacher Notes**

**A whole school wellbeing challenge for Lent**

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

**Connect with other people** -good relationships are important for mental wellbeing. They can:

* help you to build a sense of belonging and self-worth
* give you an opportunity to share positive experiences
* provide emotional support and allow you to support others

**Be physically active -** being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

* raising your self-esteem
* helping you to set goals or challenges and achieve them
* causing chemical changes in your brain which can help to positively change your mood

**Learn new skills -** research shows that learning new skills can also improve your mental wellbeing by:

* boosting self-confidence and raising self-esteem
* helping you to build a sense of purpose
* helping you to connect with others

**Give to others -** Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

* creating positive feelings and a sense of reward
* giving you a feeling of purpose and self-worth
* helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

**Pay attention to the present moment**

* Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. **NHS website**

In 2021 we are asking schools to take up a 21-day Lent challenge. This involves 21 activities aimed at developing wellbeing with a church school twist.

**School based learning**

If children are in school, they might like to start the day with these short activities. The suggestions below can be substituted for other ideas that you may have for wellbeing or things that already work well in your school (please contact Beccie Morteo to adapt any resources to suit)

**Home based learning**

If children are learning from home, then they may like to work through the mini missions daily as part of the school’s home learning offer. Or the activities could be combined into a weekly mission, the plan for these will be sent out to schools weekly in a similar format to current home learning.

**We are asking all schools, if possible, to encourage two main aspects of the Lent challenge.**

**Photography competition** – Take Notice - take a photograph of something beautiful in nature. Write a Thank you God….. sentence to go with your photograph. Entries can be sent to us directly through our twitter channel @llandaffed or sent to school and then emailed to us. We will then link the images and sentences into a video prayer for the Diocese. There will be a £10 voucher for the winning photograph.

**Food Bank** – Llandaff Diocese are focusing on food banks for their Lent giving. This vital support for families is needed now more than ever. Many of you will already organise food bank donations within school but the Diocese is also organizing an online option for donations – details of which will follow.

Please see the grid on the next page which details suggested activities. Activities highlighted in green have a page in the accompanying journal that children may want to complete. Please also see our website [LLandaff Diocese (churchinwales.org.uk)](https://llandaff.churchinwales.org.uk/en/schools-education/resources-schools-and-parish-/lent-2021-mini-missions/) for links to videos and additional resources. If you have any further question, please contact us rebeccamorteo@churchinwales.org.uk

Good luck and thank you for joining us!

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| **1 Join in** - Watch Mother Rose’s video on our website [LLandaff Diocese (churchinwales.org.uk)](https://llandaff.churchinwales.org.uk/en/schools-education/resources-schools-and-parish-/lent-2021-mini-missions/) introducing the 21-day challenge.  |
| **Connect** | **Be Active** | **Take Notice - Thank God** | **Keep Learning - From the Bible**  | **Give** |
| **2 - Connect with your friends.** Find out a fun fact about one of your friends. Can you connect with someone you haven’t spoken to for a while?  | **3 - Be Active online** PE with Jo, Cosmic Kids Yoga, Just Dance, SupermoversTake your pick! | **4 – Be Grateful**Use the journal to write down 5 thing you are grateful for. You might like to use this to say a thank you prayer to your God.  | **5 – Keep learning about Lent** Spiritual Fitness Challenge Video 3 – Giving Something Up “Sacrifice” | **6 - Give Positivity.** Give positive comments to someone to fill their bucket. Use the template in your journal.  |
| **7 – Connect with your church -**  Find your local church on google maps. Explore their website. **Churches may like to send home information to schools regarding services for Easter.**  | **8 – Be active and walk** Draw a map from your house to your local church or place of worship. Can you lead the way on a walk there?  | **9 – Be Reflective** Use your journal to write a memory about your local church or place of worship. Maybe a school service, a baptism or a wedding you have attended.  | **10 –Keep Learning about Serving and Caring** Spiritual Fitness challenge Video 4 – Taking something on “Service” | 11 – **Give thanks** Say/write a special thank you to three people that have helped you this week. You may also like to thank someone through prayer.  |
| **12 – Connect with another school.** Write down the top 5 things about your school. Ask your teacher to share these with a class in another school.  | **13 - Be Active online** **2**PE with Jo, Cosmic Kids yoga, Just Dance, SupermoversChoose something different today.  | **14 – Take Notice** Step outside and think about the beauty of God’s world. Take a photograph of something that you think is beautiful to add to your journal. **Diocese Photo competition** | **Day 15 – Keep Learning about Palm Sunday.** Spiritual Fitness challenge Video 5 – On the Road | **Day 16** – **Give to others** Make a donation to your local foodbank.   |
| **17 - Connect with your community.** Write a positive message poster or draw a beautiful image to put in your window to cheer up everyone who walks past.  | **18 – Be Active and Walk 2** Think about a wonderful walk in your local area. Share the route with your friends, class or school community.  | **Day 19 – Make a change**Think about what you have learnt during your mini missions. What changes might you make and why?  | **Day 20** – **Keep Learning about Easter** Spiritual Fitness challenge Video 6 – Easter  | **Day 21** – Give to yourselfUse the template in the journal to write 5 things that are great about you.  |