

Values

compassion

courage

generosity

gratitude

integrity

kindness

resilience

respect

tolerance

MJR 24/7 Pastoral Care Resource

TOPIC 1	Looking ahead	TOPIC 2	What do you believe?	TOPIC 3	Believe in yourself (B.I.Y.)
TOPIC 4	To fit in or not to fit in? That is the question	TOPIC 5	You are in charge of your attitude	TOPIC 6	Problem solving
TOPIC 7	'I can do it' attitude	TOPIC 8	Grit	TOPIC 9	Grief and loss
TOPIC 10	An attitude of gratitude	TOPIC 11	How do you G.T.S.? (greet, treat & speak)	TOPIC 12	Giving – going the extra mile
TOPIC 13	Humility	TOPIC 14	Opening the G.A.T.E.	TOPIC 15	Good, better, best
TOPIC 16	Heart to heart	TOPIC 17	Kindness	TOPIC 18	What do you value?
TOPIC 19	What does respect look like?	TOPIC 20	Mobile – friend or foe?	TOPIC 21	This is your world
TOPIC 22	“I was there” – Jesus our hero	TOPIC 23	Social media	TOPIC 24	Mental health
TOPIC 25	Perception	TOPIC 26	Reflective practice	TOPIC 27	One step at a time
TOPIC 28	Mentally-strong people	TOPIC 29	You are not alone	TOPIC 30	Reflection via inspiration