








M E R C Y

	<p>Enjoy a snack or meal from a cultural that is different from your own.</p>	<p>Watch: The Danger of a Single Story.</p>	<p>Learn more about Black Catholic experience and history from members of the Mercy community.</p>	<p>Read about an experience of racism in a country different from your own.</p>	<p>Learn about Rosewood and Greenwood and write a short reflection</p>
	<p>Plant and nurture a seed as a way to appreciate the wonder of God's creation.</p>	<p>Explore this Laudato Si' Visual Reading from the Sisters of Mercy.</p>	<p>Try one new Earth-friendly practice.</p>	<p>Read: "Pope Francis declares care for creation a new work of mercy."</p>	<p>Create a piece of art using recycled products.</p>
	<p>Does your family celebrate any traditions from another country? Write a reflection or create an illustration to describe it.</p>	<p>Watch this brief video about the history of the Sisters of Mercy in the United States.</p>	<p>Read a story about a young immigrant on the Sisters of Mercy blog: Dania's Story (2nd paragraph) A DREAMer's Story</p>	<p>Spend some time researching immigration policies in your country. What can you do to raise awareness about any injustices you discover?</p>	<p>Learn more about what local Catholic Charities or other organizations are doing to support immigrants and refugees. Brainstorm ways to help.</p>
	<p>Learn how to meditate. How did it make you feel?</p>	<p>Learn about the life of St. Josephine Bakita.</p>	<p>Practice positivity! Challenge yourself to say nothing negative about yourself or others for one day, including on social media.</p>	<p>Try to eliminate violent words from your everyday speech – see a list here.</p>	<p>Write a prayer for peace to share with classmates.</p>
	<p>Draw a picture of or write a letter to a woman who inspires you.</p>	<p>Do all school-aged girls go to school worldwide? Learn more in this UNICEF article.</p>	<p>Learn about the life of Justina "Jessie" Ripoll, the first Jamaican Sister of Mercy.</p>	<p>Research about the life of women in a country different from your own.</p>	<p>Collect items to donate to a local women's shelter.</p>