

# PARENT / GUARDIAN CONNECTION

## FIRST GRADE: TOB LESSON 3

### THEME: PURITY OF HEART/VIRTUE

#### SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your children will learn about **Purity of Heart/Virtue** that teaches freedom is related to our final goal: it's a freedom "for" instead of a freedom "from." When I choose poorly, I become weaker, more enslaved to my impulses, comfort, passions and to sin, more vice-filled. We want to achieve the reward of complete happiness in heaven, so we're not just trying to be free from restrictions. The choices that I make now affect some reality external to me, but they also affect my interior thoughts and wants. When I make good choices, aligned with my final goal of heaven, then I grow in virtue and purifying my heart's desires.

In this lesson, we will revisit the story *The Animal Hedge* and explain that God gave us freedom (or free will) so we can make loving choices. For the activity, your child will try to connect the dots on an image that doesn't have the numbers to guide them and then do the same exercise with the numbers provided. We will discuss how rules and guidelines help us be free to do what we are called to.

#### GERMINATE THE SEED



#### FAMILY DISCUSSION QUESTION:

How do the rules help us play our favorite game together? What would be the problem of playing the game with no rules or we each made-up our own rules to play by?





### FAMILY ACTIVITY:

Family Game night — pick a game that you like to play as a family — or an entirely new game. Play the game following the rules. Discuss as rules come up how the rules actually help you play the game well.

### FAMILY PRAYER:

Heavenly Father, we thank you for giving us rules or guidelines to live by. Help us to see how these “guardrails” make our lives better, safer and healthier, and most importantly help us to love You and each other more excellently. Give us the courage it takes to make the right choices, even when it is hard.

Amen.

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Stay up to date with the TOB lessons your child is learning in the classroom. Look for the leaf at the bottom of your child’s worksheets to see a summary of their current TOB lesson labeled “THEOLOGY OF THE BODY TIDBITS.”

Want to learn more? Visit [RuahWoodsInstitute.org/parents](https://RuahWoodsInstitute.org/parents) to view a TOB parent presentation.

