

PARENT / GUARDIAN CONNECTION

FIRST GRADE: TOB LESSON 6

THEME: BODY-SOUL UNITY

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your child will learn that humans don't just HAVE bodies, we ARE our bodies, we are in fact a **Body-Soul Unity**. Little Children often attest to this truth after they have been hit by a sibling. The child doesn't say, "My sister hit MY BODY!" The child says, "My sister hit ME!" Your very being involves your body intimately united to your soul, so that together they make up just one reality: YOU. Although this seems simple, many lies prevail today which deny the truth of your identity as an inextricable body-soul unity.

In this lesson, we will talk about how our bodies make things that are invisible visible. For example, you can tell from a person's body if they are sad or happy. We will then talk about how our body makes our invisible soul visible. For an in-class activity, your child will make a windsock to demonstrate the body revealing the soul, as the visible windsock is animated by the invisible wind.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

How can you tell your family members that you love them without any words? Allow each family member to answer and then discuss the gift of our bodies, and the body of Jesus who came to make the invisible God visible to us all.





FAMILY ACTIVITY:

Play the game “Fishbowl” as a family (instructions below).

Fishbowl

First, have every person fill out three slips of paper that have one thing from each category written on them: a person, a place, and a thing. Fold them in half.

Dump all of the papers into a “fishbowl” or something similar.

Divide into 2 teams. Team A will select a person to go first, who will try to get their team to guess as many slips as they can* in 1-minute. Once team A’s minute is up, they add up how many slips of paper they guessed correctly and record that many points for the round. Then, it’s Team B’s turn. If a team hits the 1-minute mark and the clue has not yet been guessed, it goes back into the bowl. Once all of the slips of paper have been guessed, the round is complete, and they all get added back to the bowl for rounds 2 and 3. After round 3 is complete, add up the total number of slips of paper each team has guessed from each round and the team with the most points wins!

*Each round has specific rules on how you can get your team to guess the word:

Round 1: Player can use only words without saying any words that are a part of the answer

Round 2: Player can only use actions to get their team to guess the word.

Round 3: Player can say only 1 word to get their team to guess the clue, so they must choose carefully!

For example, if the word is “cheeseburger,” this is how it could go:

Round 1: Player could ask, “What do you eat at McDonald’s?” “It’s made from a cow” “It’s on a bun” etc.

Round 2: Player can only use actions, so could act like they are eating a cheeseburger and make the Golden Arches to symbolize McDonald’s. You hope that your team remembers the words from the first round, so that they will be able to quickly guess it again.

Round 3: The player can only choose one word, so they could say, “McDonald’s”, or “Meat” and hope that someone remembers “cheeseburger” is written on one of the slips of paper!

FAMILY PRAYER:

Heavenly Father, thank you for making us and every human person a body-soul composite. Thank you for the ability to show love to others, especially our families. Help us to be gifts to those around us, every day.

Amen.

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 to view a TOB parent presentation.

