

PARENT / GUARDIAN CONNECTION

FIRST GRADE: TOB LESSON 7

THEME: MY BODY IS A GIFT

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your child will explore the concept that **My Body is a Gift**. We see this through the example of Mary; “Mary entered into glory because she welcomed the Son of God in her virginal womb and in her heart. By looking at her, the Christian learns to discover the value of his own body and guard it as a temple of God, in expectation of the resurrection” (Pope St. John Paul II, General audience, July 9, 1997).

In this lesson, we will revisit the story *A Seed is Sleepy* and discuss how we protect and care for seeds when we plant them. We then explain that God gave us our bodies as a gift, and we are to protect and care for our bodies as well. We will discover that we are a unique, indivisible combination of body and soul. For our classroom activity, your child will complete a worksheet entitled “I Take Care of the Gift of My Body.” The students will be led in a discussion about what is healthy for our bodies and how we protect them from rain and heat and cold, while riding in a car, etc.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

Why is it important that we take care of our bodies? Some answers you may hear are “to make sure we don’t get hurt, sunburned, etc.” “Because our bodies are a gift from God!” “So that we don’t get sick.” “Because our body is holy!” “Because we are created in the image and likeness of God.”

Discuss what is bad or harmful for our bodies and how to avoid these things.



GROW THE SEED



FAMILY ACTIVITY:

Do something together as a family that is good for your body such as plan, shop for, and prepare a healthy meal, take a walk, or pray a decade of the rosary.

FAMILY PRAYER:

Heavenly Father, thank you for creating our bodies holy. Thank you for all you have provided for us to care for our bodies... for good food, for clean water, and for clothing.

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.

