

PARENT / GUARDIAN CONNECTION

THIRD GRADE: TOB LESSON 1

THEME: GIFT-OF-SELF (PART 1)

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, we will discuss how “Man cannot fully find himself except through a sincere gift of himself” (*Gaudium et Spes* or Joy and Hope 24:3). God has revealed that he is a total **Gift-of-Self**. As human persons, male and female, we have been created in this image of God (total gift-of-self) and bear the imprint of our Creator’s call to self-gift within our very bodies. Think about your own experience of this truth. What activities in your life have given you genuine lasting happiness? Were you making a total gift of yourself to someone else at that time? Have you ever used others for your own gain? How does that make you feel in hindsight?

In this lesson, we will read the story *Mufaro’s Beautiful Daughters* and discuss the difference in the actions of the sisters. For the activity, your child will imagine how a kingdom ruled by each of the sisters would differ based on their individual attitudes and draw those kingdoms side-by-side on the activity sheet.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

Ask your child about the story and how the sisters acted differently and how their behavior affected or might affect those around them. ***(Note to Parents: At time of printing, a reading of this story was available on YouTube. Listen to the story if you have time).**





FAMILY ACTIVITY:

Practice the virtue of gratitude for the little things that make a difference in your daily life. For example, the person that makes sure there are lunchbox items in the pantry for you to pack your lunch or the person who washes and puts away your clothes. Talk about how it makes your day better.

FAMILY PRAYER:

Heavenly Father, we thank you for the gift of our family and the gift of our lives. Help us to focus each day on the many gifts you give us and teach us to offer to you the things we struggle with. 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.

