

PARENT / GUARDIAN CONNECTION

FOURTH GRADE: TOB LESSON 1

THEME: BODY-SOUL UNITY

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your child will learn about **Body-Soul Unity**. Many lies surround the truth of your identity as an inextricable body-soul unity. For example, you are not a soul trapped inside a body and your body is not bad. The truth is that you are a body-soul unity that is very good and a gift from God.

In this lesson, we will discuss how the virtues are expressed through the body and whether we can see things like happiness and patience. We will talk about what a virtue is, what a vice is and some examples of each. We will read *Peppe the Lamplighter* and discuss the virtues that Peppe displays in the story.

The class will participate in two activities called “Peppe’s virtuous actions,” and “Virtues are Expressed Through the Body.” Your child will reflect on Peppe’s actions and name the virtues he displayed. If your child brought home the worksheet, look at it and discuss Peppe’s virtues with them.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

Ask your child what virtues Peppe displayed. Do you think that having virtues like Peppe would make you happy? ***(Note to Parents: As of this writing, a reading of *Peppe the Lamplighter* was available on YouTube. Feel free to listen to this beautiful story yourself).**





FAMILY ACTIVITY:

Choose one of the virtues discussed and practice that virtue this week as a family. Discuss specific ways you could practice that virtue. For example, if you choose fortitude (fortitude helps to overcome difficulties and resist temptation) you could encourage each other to choose what is right when tempted to choose the wrong. If someone is tempted to lie about a grade for example, you could encourage them that telling the truth may seem hard, but it is the right choice for many reasons.

FAMILY PRAYER:

Heavenly Father, we thank you for giving us the gift of being able to choose. Help us to choose to do the right thing, even when it's hard.

Pray the *Memorare*:

Remember, O most gracious Virgin Mary that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence, we fly unto thee, O Virgin of Virgins my mother. To thee do we come; before thee do we stand, sinful and sorrowful; O mother of the Word Incarnate, despise not our petitions, but in thy mercy hear and answer us.

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.

