

PARENT / GUARDIAN CONNECTION

FIFTH GRADE: TOB LESSON 2

THEME: GIFT-OF-SELF

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your child will learn more about being a **Gift-of-Self**. We are called to give of ourselves to others out of love. As a parent, you can incorporate this fundamental truth into your everyday language by asking, “Who would like to make a gift of themselves by _____ today?” (Some examples would be — allowing the other to go first, taking out the trash, helping a sibling with homework or a chore). Small acts of kindness, practicing gift-of-self, reflect God’s goodness and can lead a child on a path to true happiness — both in this life and for eternity.

In this week’s lesson, we will read from *D’AULAIRES’ Book of Green Myths* the story of Echo and Narcissus and discuss if the main characters, Echo and Narcissus had good relationships (they did not). Then, we will discuss whether they were happy (they were not) and why. Both characters were unhappy because their selfishness prevented them from entering into relationship with others. We will also discuss the life of St. Martin De Porres and encourage the students to think of someone in need, and how and when they could help that person.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

Discuss with your child(ren) — Does being kind, listening to and helping others make you happy?





FAMILY ACTIVITY:

At the dinner table (or some other appropriate time), ask each person what the best part and the worst part of their day was. Challenge each family member to truly listen to everyone.

FAMILY PRAYER:

Father in heaven, help us to truly listen to those who are speaking to us. Help us to respond to each person with kindness.

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.

