

PARENT / GUARDIAN CONNECTION

KINDERGARTEN: TOB LESSON 6



THEME: MY BODY IS A GIFT FROM GOD

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, your child will learn that **My Body is a Gift from God**. Humans don't just HAVE bodies; we ARE our bodies. Little children often profess this truth after a sibling hits them. 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 can make up just one reality: YOU. Although this seems simple, there are many lies spread throughout the world that try to dispute the truth of our identity as an inextricable body soul unity.

In this lesson, your child will learn that we need our bodies to do physical actions. As they consider what they would not be able to do without their bodies (sing, dance, eat, etc.), we will discuss the importance of keeping the gift of our bodies safe and healthy. We will also help them to understand how their bodies play an important role in participating in the Mass (why we at times sit, stand, kneel, sing, and respond). We employ our bodies, our souls, our emotions, and our senses to praise God and raise our hearts and minds to Him in prayer and the sacrifice of the Holy Mass! We ask the children to be attentive and listen for how many times the priest uses the word "body" in the Mass.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTION:

Discuss briefly the gift of the body and the amazing things that our bodies can do. Ask your children, "What is something amazing that you can do with your body?"





FAMILY ACTIVITY:

Play a game of “Charades with a Twist.” Write on paper these words: right arm, left arm, right foot, left foot, eyes. Fold the papers and put them in a container. Have each person try to act out something they are thinking of. Before they take their turn, draw one of the folded papers. Whatever part of the body is on the paper cannot be used as they act out their word. For example, if they draw out “eyes”, they have to close their eyes while they act. If they draw out “right arm” they have to act without using their right arm, etc. Discuss the gift of their body and how sometimes we don’t realize what a gift it is.

FAMILY PRAYER:

Dear Jesus,

We thank you for the gift of our bodies. Help us to care for and protect our bodies always. Thank you, for sacrificing your body for us, and for your presence in the Holy Eucharist.

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.

