

TOB MONTHLY KIDS

THEOLOGY OF THE BODY

AGES 6-9
(+PARENT)

ISSUE 4 (CYCLE A)



I am a body
and a soul!

INSIDE:

**OUR BODY + SOUL
ARE CONNECTED**

**WE SHOULD USE THINGS,
BUT NOT PEOPLE**

**ALL PEOPLE HAVE
A BODY + A SOUL**

**ALL PEOPLE HAVE
GOODNESS + WORTH**

THE BODY REVEALS THE SOUL:

"AND IT IS VERY GOOD!"

YOUR BODY + YOUR SOUL = YOUR PERSONHOOD

I AM A GIFT! MY NAME IS:

MAIN POINT: OUR BODY + SOUL ARE UNIFIED;
THE BODY REVEALS THE PERSON
(CHRISTIAN ANTHROPOLOGY STANDARDS 7+8)

FIRST THOUGHTS...

All humans have a body and a rational*, eternal soul; this is what unites all of humanity* and separates us from other forms of life (like plants and animals). God breathes life into us at the moment of our conception*. We are infused* with a soul the moment that our life becomes a developing* masterpiece* of God's love. This means that as a tiny baby still developing in your mother's womb you had a soul and were in the beginning stages of God's masterpiece called _____ (your name). This also means that even when you are old, weak, and dying, God will STILL be working on the masterpiece called _____ (your name). Still yet, there is more at which to marvel* within God's awesome design of humanity! ALL humans have the very same and full value in the eyes of God. Our body is an important part of who we are, but our soul is just as important. Together, the body and soul make up the person. When you see a person, try to see their body **and** their soul.

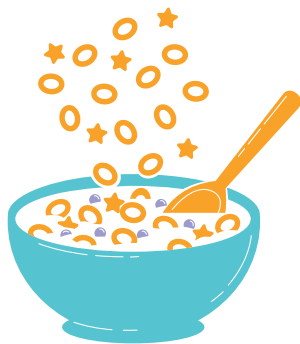
*work with a parent to define these words (there is a glossary in the back!)

OUR BODY TELLS THE STORY OF OUR SOUL



DRAW A TIME WHEN YOU MADE A GOOD CHOICE. TELL A PARENT WHAT YOUR SOUL FELT LIKE BEFORE, DURING, AND AFTER YOU MADE THIS CHOICE.

CIRCLE THE THINGS YOU SHOULD USE



DISCUSS WITH A PARENT WHY IT IS OK TO
USE THINGS, BUT NOT OK TO USE PEOPLE.



Did you know that your brain sends messages to
your body at up to 180 MPH (miles per hour)!?

FILL IN THE BLANKS

When my soul is upset, my body is

When my soul is joyful, my body is

When my soul is weary, my body is

When my soul is peaceful, my body is

Did you know that when you feel an emotion your face has a special code that tells everyone around you how you are feeling? In every culture, humans make the same expressions when they feel fear, sadness, disgust, anger, surprise, happiness, and contempt. Our body reveals what is going on within us so that other people can respond and connect with us.

Ekman & Friesen's Facial Action Coding System



Try making a face that shows fear, sadness, disgust, anger, surprise, happiness, or contempt and see if your parent can guess which one you are showing

FILL IN THE BLANKS.

I know my body needs rest when:

.....

I know my soul needs rest when:

.....

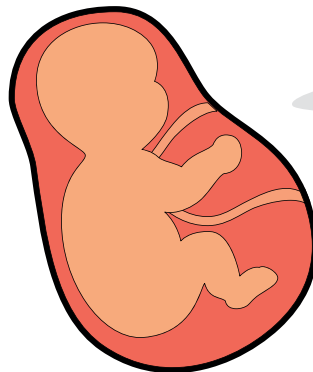
One way I can rest my body is:

.....

One way I can rest my soul is:

.....

Circle those who have goodness and worth*.
Explain your answers to a parent.



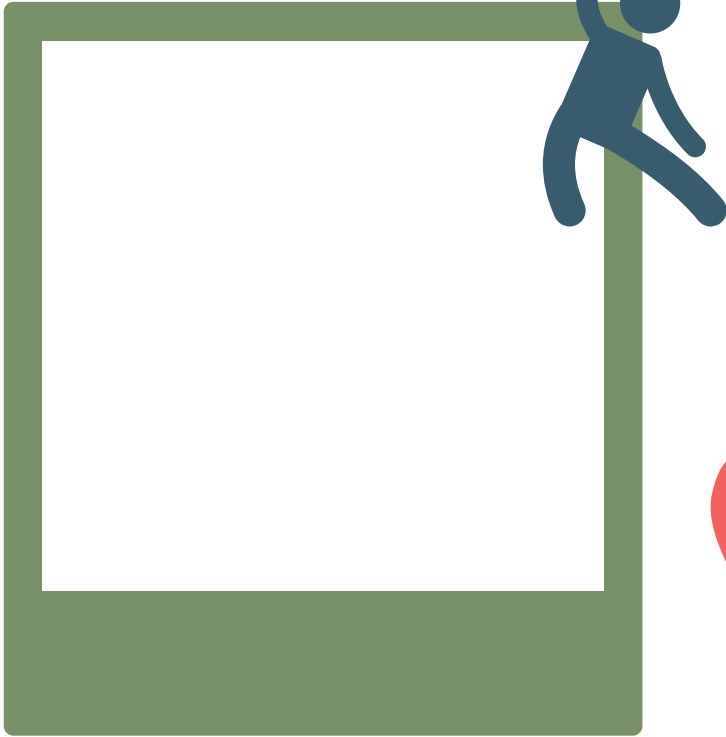
word bank: body, goodness, soul, worth

Unscramble the words below to complete the sentences:

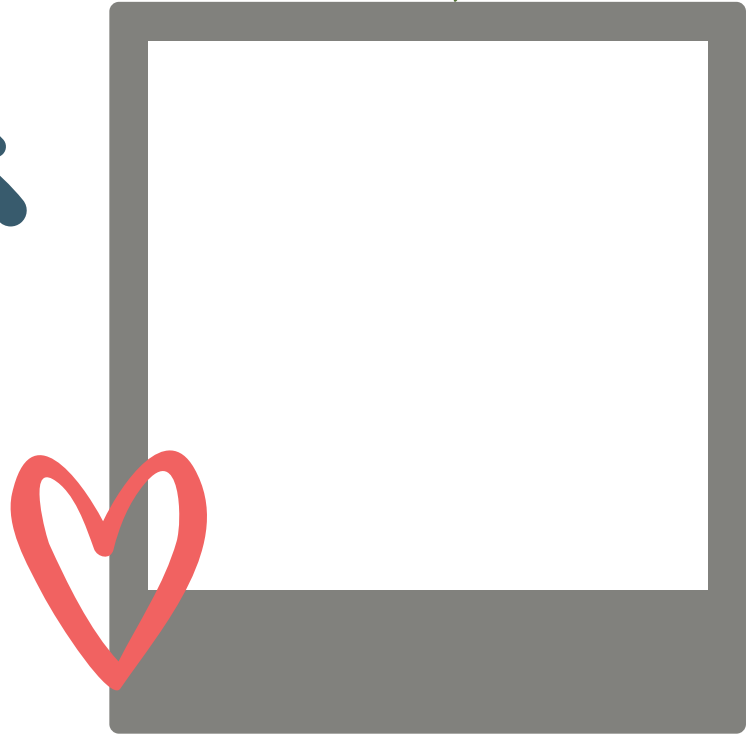
All people have a dybo and a luos.

All people have gdosneso and hwrot.

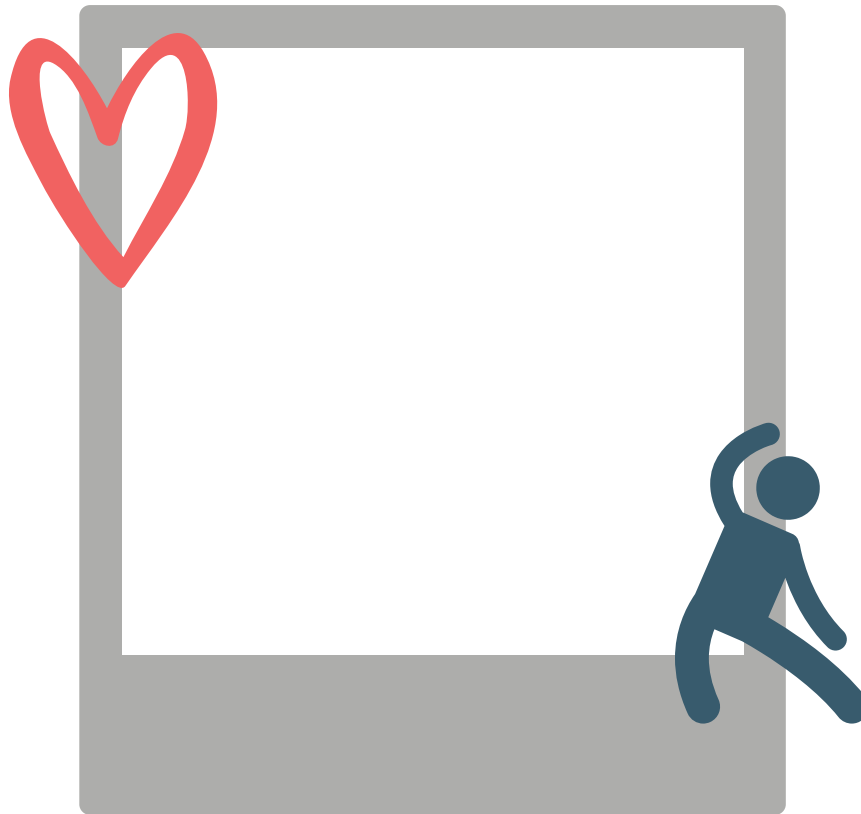
Draw your body:



Draw a picture that represents your soul:



Now draw your body/soul composite:



"May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ."
(1 Thessalonians 5:23)

The body, and ONLY the body, is capable of making visible what is invisible; the spiritual and the divine - St. JP2, TOB 19:4

GLOSSARY OF TERMS

COMPOSITE: made up of different parts

CONCEPTION: when the sperm of a father meets the egg of a mother to create a new life

DEVELOPING: changing over time

HUMANITY: the whole human race which includes all people

INFUSE: to fill with or inject

MARVEL: to be filled with wonder and awe

MASTERPIECE: an outstanding piece of work

RATIONAL: the ability to think, use reason, and make decisions

WORTH: having value

WANT TO LEARN MORE?

VISIT:



tobparentschool.org

READ:



The Invisible Boy
by Trudy Ludwig

*Have a little
extra time?*

CRAFT EXTENSION

To Market!

TIME: 30 minutes

MATERIALS: shopping bag, misc. items

ACTIVITY:

- 1) Go to "market" for all the things you need to nurture your body and soul (you can do this around your house/yard)
- 2) Fill your bag with items like fruit, a ball, a cozy blanket, a good book...
- 3) Tell a parent what's in your bag, and ask what they would include in theirs
- 4) Paint a picture of your items. Refer to it when your body/soul need TLC

SERVICE EXTENSION

Show Your Soul

TIME: 60 minutes

MATERIALS: idea - cookies

ACTIVITY:

- 1) Choose something REALLY important to your soul (ex: that ALL people feel loved)
- 2) Show this with your body (ex: bake cookies and deliver to different ages + races in your neighborhood)
- 3) Tell a parent how the activity made your soul feel



Imprimatur, May 22, 2023 in Portland, Oregon, Most Reverend Alexander K. Sample, J.C.L., Archbishop of Portland in Oregon
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