

TOB MONTHLY KIDS

THEOLOGY OF THE BODY

AGES 6-9
(+PARENT)

ISSUE 1 (CYCLE A)

INSIDE:

ALL CREATION IS A GIFT

OUR BODIES ARE A GIFT

GIFTS ARE MEANT
TO BE TREASURED

HUMAN LIFE
IN THE WOMB
IS A GIFT



HOW IS MY BODY A GIFT?

TREES, STARS, SKY. FLOWERS, BEES, HONEY.

YOU: YOUR BODY + SOUL... YOUR SIMILARITIES + DIFFERENCES.

IT'S ALL A GIFT!

I AM A GIFT! MY NAME IS:

MAIN POINT: ALL GOD'S CREATION IS A GIFT
(Christian Anthropology Standard 1)

FIRST THOUGHTS...

All creation is a gift from God. Spending time in nature is a wonderful way for you to connect your body, mind, and soul with the goodness of God's creation. You are a gift; you were a gift as a single cell* in your mother's womb*, as a baby, as a child... and your life will continue to be a gift to the world. Therefore, you should revere* your body and soul with the dignity* that God gave you. Rejoice* in treasuring yourself and others as gifts, and take care of yourself as you would a favorite present.

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



INTERVIEW YOUR PARENT

What is your favorite body part?

Why?

Why do we protect the body with care + respect?

.....

How do you treasure a great gift?

.....

How do you treasure your body?

.....

What is your favorite thing about my body?

.....



What is GOD'S greatest gift?
Draw it below.
Tell someone why you think so.

**God
gives us
gifts;
the first
is life.**

A bird egg
gives the little
creature growing
inside everything
it needs. The shell
is its home. The
yoke is its food.
The egg white is
its pillow. The
shell is covered
with teeny tiny
holes, which allow
air to enter.

(Dianna Hutts Aston,
An Egg Is Quiet)



What is YOUR greatest gift?
Draw it below.
Tell someone why you think so.

MY BODY: A GIFT!

Draw 5-10 of YOUR
body's gifts and
functions here

Did you know

that when you
feel afraid it comes
from a tiny part of
your brain called the
amygdala?

Spending time in
God's gift of nature
helps our amygdala
learn how to
communicate with
other parts of our
brain and that helps us
feel safe and calm.
This is one way that
God is always keeping
us close to Him.

IDEAS:

Lungs - breath

Legs - run

Muscles - bend

Hands - work

Brain - think + feel

Reproductive parts -
contribute to new life

Eyelashes -
protect eyes

Color in the birds, eggs + nest.

Discuss: What are the stages of bird life?

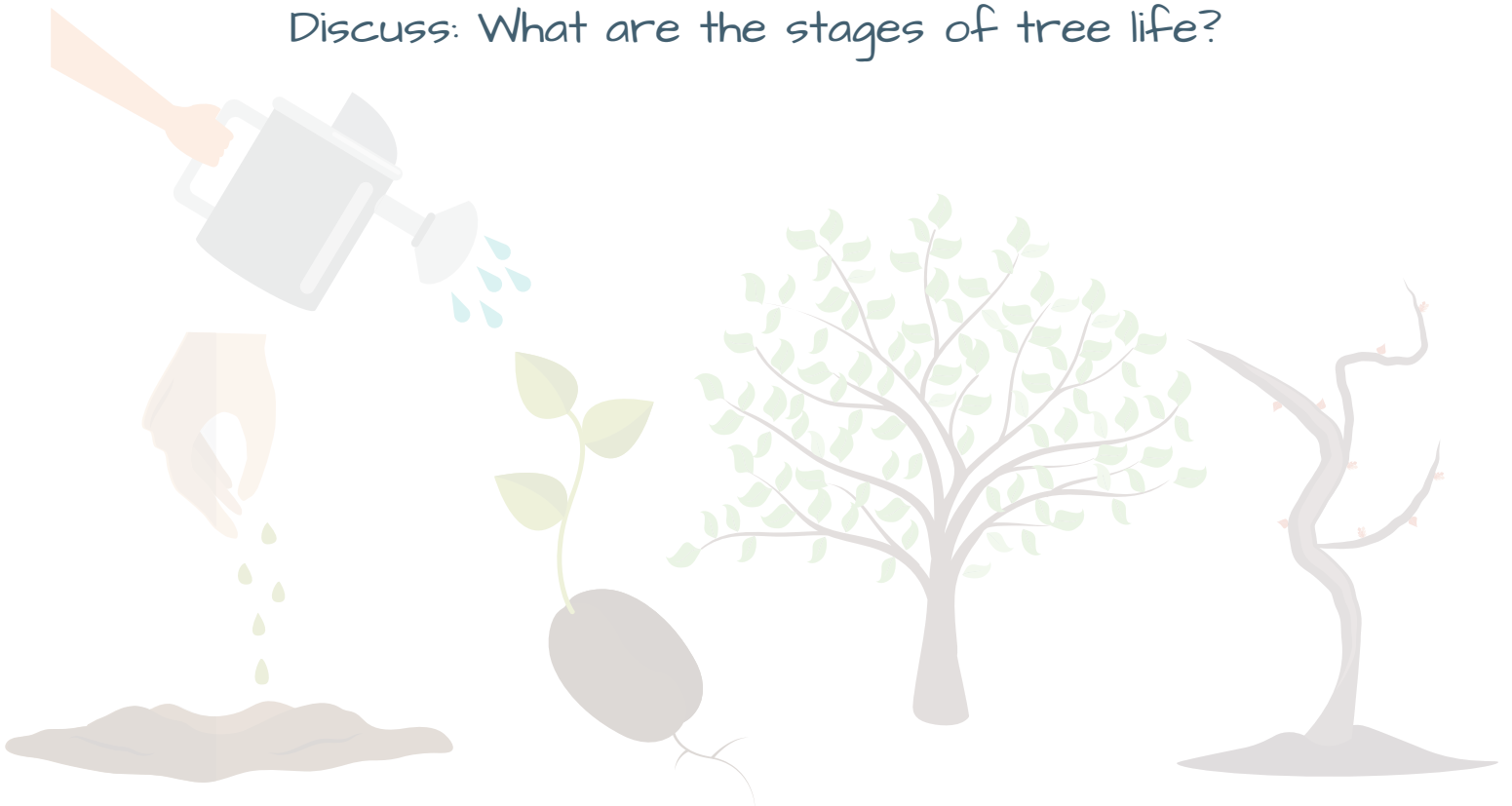


THE SPECTRUM OF LIFE



Color in the seeds, water + trees.

Discuss: What are the stages of tree life?



**COLOR THE BABY IN THE MOM'S
WOMB, AND IN HER ARMS**



How is a baby a gift to
A mother:

.....

.....

A family:

.....

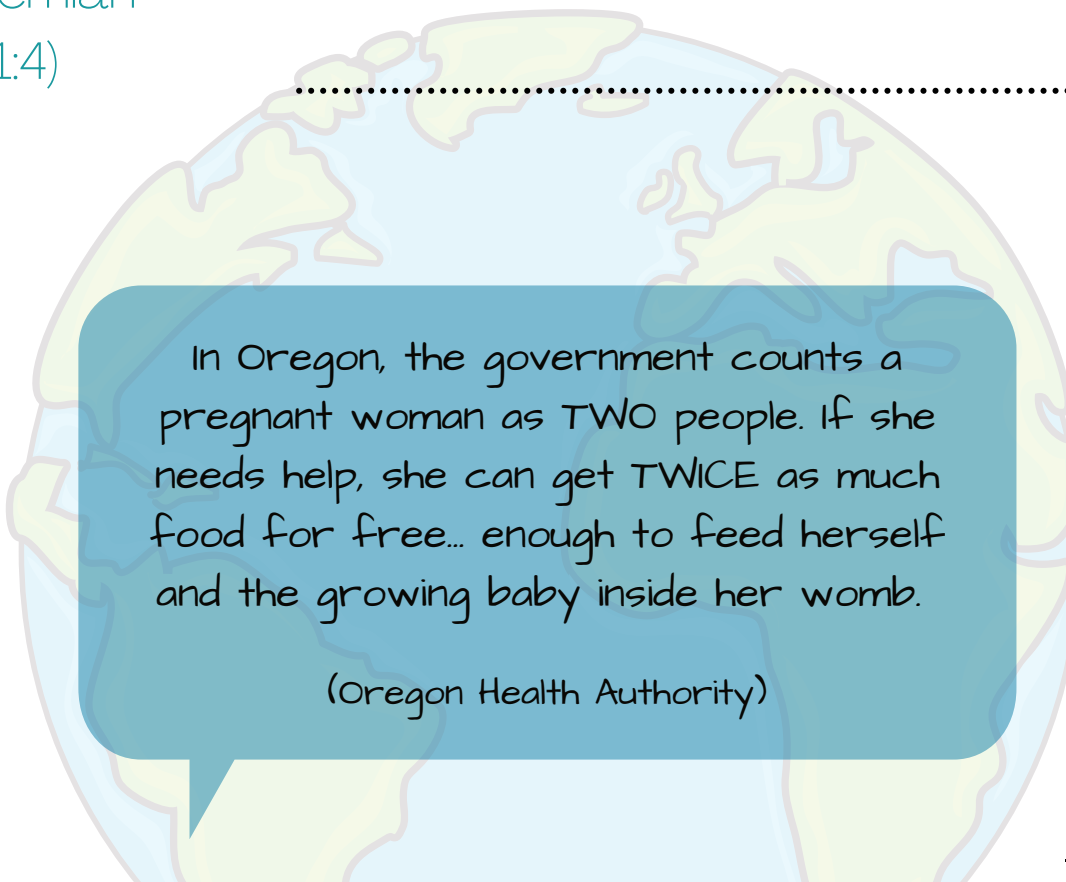
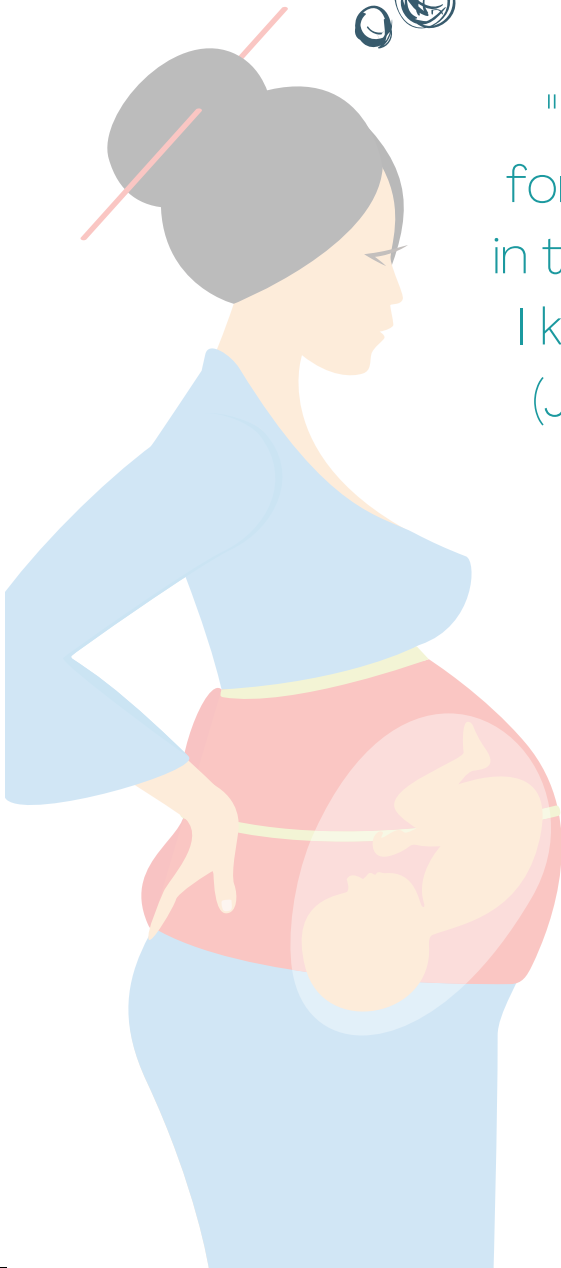
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The world:

.....

.....

"Before I
formed you
in the womb
I knew you"
(Jeremiah
1:4)



In Oregon, the government counts a pregnant woman as TWO people. If she needs help, she can get TWICE as much food for free... enough to feed herself and the growing baby inside her womb.

(Oregon Health Authority)

Our bodies reveal our living souls, which we became when God breathed life into us. - St. JP2, TOB 14:4

GLOSSARY OF TERMS

CELL: the smallest unit with the basic and essential properties of life

DIGNITY: your value and worth as created in God's image and likeness

REJOICE: to feel or show great joy

REVERE: to show deep and holy respect

WOMB: female organ where babies develop before birth, also called the uterus

WANT TO LEARN MORE?

VISIT:



tobparentschool.org

READ:



An Egg Is Quiet

by Dianna Hutts Aston

Have a little extra time?

CRAFT EXTENSION

Build a bird's nest

TIME: 1 hour

MATERIALS: glue, blue paint, pebbles, twigs

ACTIVITY:

- 1) Go on a nature hunt to collect twigs + pebbles
- 2) Twist twigs into nest shape
- 3) Paint pebbles 'robin egg' blue
- 4) Glue 'eggs' to nest

SERVICE EXTENSION

Nurture a plant

TIME: 1 hour

MATERIALS: pot, soil, seeds

ACTIVITY:

- 1) Choose a favorite flower to grow from seed
- 2) Plant it, water it, give it light
- 3) Deliver it to someone who is grieving. New life helps heal the loss of old life.



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